

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

EMPOWERMENT STARTS WITH EDUCATION— KNOW YOUR COVERAGE, KNOW YOUR OPTIONS.

1 THE BEST TIME TO TAKE CARE OF YOUR HEALTH IS BEFORE SOMETHING HAPPENS. KNOW YOUR NUMBERS, THEY TELL A STORY OF HOW YOUR BODY'S REALLY DOING.

2 SET PRIORITIES: BUILDING A BALANCED LIFE INVOLVES MAKING INTENTIONAL CHOICES. HOW CAN YOU TAKE ACTION THIS MONTH TO ENSURE YOUR HEALTH REMAINS A PRIORITY?

3 BREAST CANCER AWARENESS MONTH. EARLY DETECTION SAVES LIVES! [SCHEDULE YOUR SJ/C MOBILE MAMMOGRAM SCREENING](#)

- FRIDAY, OCT. 17 AT CIVIC CENTER.
- CALL 912-819-6140 TO MAKE YOUR APPT.

4 TRY A NEW [HEALTHY RECIPE THIS WEEKEND!](#) SEASONAL VEGETABLES LIKE PUMPKIN AND SQUASH ARE PACKED WITH NUTRIENTS!

5 TRY A [10-MINUTE GUIDED MEDITATION](#) SESSION TO CLEAR YOUR MIND THIS SUNDAY.



6 PREVENTION PAYS OFF: NEARLY 80% OF CHRONIC DISEASES (HEART DISEASE, STROKE, AND TYPE 2 DIABETES) CAN BE PREVENTED THROUGH HEALTHY LIFESTYLE CHOICES. **JUST 30 MINUTES OF MODERATE ACTIVITY FIVE DAYS A WEEK CAN CUT YOUR RISK OF HEART DISEASE BY NEARLY 30%.**

7 TAKE ADVANTAGE OF OUR EMPLOYEE ASSISTANCE PROGRAM (EAP). SERVICES ARE FREE, CONFIDENTIAL, AND AVAILABLE 24/7.

- HELPLINE: 888.993.7650
- [ALLONEHEALTH.COM/DEEROAKS](#)

8 WHAT'S UP WEDNESDAY: JOIN ANDREA ALLEN FOR A DISCUSSION, [EMPLOYEE BENEFITS 101: MAXIMIZING YOUR BENEFITS PACKAGE](#)

- 11 AM – 12 PM
- EARN 1 TRAINING HOUR

9 [JOIN TEAM SAVANNAH AT #HONORMARK 5K!](#) SUPPORT LOCAL HEROES AND HAVE FUN. WALK, JOG, OR RUN, ALL LEVELS WELCOME!

- SATURDAY, NOV. 8 AT 8 A.M. DAFFIN PARK
- [LEARN MORE HERE](#)

10 MENTAL HEALTH MATTERS. TODAY IS [WORLD MENTAL HEALTH DAY.](#) MENTAL HEALTH IS A HUMAN RIGHT. EVERYONE DESERVES CARE, SUPPORT, AND COMMUNITY.



11 [SAVANNAH GREEK FESTIVAL: \(OCTOBER 9-11\)](#): EXPERIENCE AUTHENTIC GREEK FOOD, PERFORMANCES, AND CULTURAL ACTIVITIES AT ST. PAUL'S GREEK ORTHODOX CHURCH.

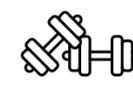
12 PREP FOR THE WEEK! HAVE A BUSY WEEK AHEAD? PREP YOUR MEALS AND MAP OUT YOUR TO-DO LIST TODAY TO HAVE A SUCCESSFUL START TO YOUR WEEK.

13 STRONGER RESILIENCE: EXERCISE IS A HEALTHY WAY TO BUILD RESILIENCE AND COPE WITH MENTAL OR EMOTIONAL CHALLENGES. GET OUTSIDE TODAY AND ENJOY A 10-MINUTE WALK!

14 MARK YOUR CALENDAR, SAVANNAH GAME NIGHT! BRINGING DEPARTMENTS TOGETHER ONE GAME AT A TIME. ALL EMPLOYEES ARE WELCOME.

- **FRIDAY, OCTOBER 17**
- 5:15 P.M. – 7:00 P.M.
- AUDITORIUM, 305 FAHM STREET

15 FITNESS REIMBURSEMENT PROGRAM: ARE YOU PARTICIPATING? [LEARN MORE HERE.](#) ANY GYM QUALIFIES WITH 8+ VISITS PER MONTH. **QUARTER 3 (JULY - SEPTEMBER) [SUBMISSIONS ARE DUE TODAY!](#)**



16 *Thriving Thursday's*
JOIN LAUREN WILSON FOR A DISCUSSION ON HEALTH. **KNOW YOUR NUMBERS: PREVENTION IS POWER**

- 12 – 1 PM, BRYAN ROOM, SAVANNAH CIVIC CENTER
- [REGISTER HERE](#)

17 COMPLETE YOUR BIOMETRIC SCREENING TODAY! [REGISTER ONLINE](#) OR CALL 912-819-8177.

- BRYAN ROOM, CIVIC CENTER
- 8:00 A.M. – 12:00 P.M.
- FLU SHOTS AVAILABLE, NO APPT. NEEDED AND [SJ/C MOBILE MAMMOGRAM SCREENING.](#)



18 [REC & LEISURE'S 2025 ADULT FIELD DAY!](#) DON'T MISS YOUR SHOT AT RELIVING THE BEST PARTS OF RECESS, GROWN-UP STYLE! GET READY TO PLAY HARD, LAUGH HARDER, AND MAKE MEMORIES!

- 10 AM - 1 PM AT MINICK FIELD
- [FREE TO REGISTER](#)

19 SELF-CARE ISN'T A REWARD FOR WORKING HARD, IT'S HOW YOU KEEP GOING.

20 USE TODAY TO GO MEATLESS. TRY OUT A [VEGETARIAN DISH TO ADD MORE VEGGIES](#) TO YOUR DIET.



21 NEARLY 1 IN 3 ADULTS HAVE HIGH BLOOD PRESSURE, AND MANY DO NOT KNOW THEY HAVE IT. ADD ONE HEALTHY HABIT (WALKING AFTER DINNER, LESS SALT, OR MEDITATION) TO SUPPORT YOUR HEART.

22 DRINK UP. WATER HELPS REGULATE BODY TEMPERATURE, TRANSPORT NUTRIENTS, AND REMOVE WASTE. REACH FOR YOUR WATER BOTTLE INSTEAD OF SUGARY DRINKS TO STAY HYDRATED!

23 STRATEGIES TO IMPROVE YOUR MENTAL AND EMOTIONAL WELL-BEING:

- MAINTAIN A HEALTHY ROUTINE
- OWN YOUR FEELINGS
- CONNECT WITH OTHERS
- CULTIVATE GRATITUDE

24 REMINDER FOR MEN: SCHEDULE YOUR PROSTATE CHECK. EARLY DETECTION IS KEY! [LEARN MORE ABOUT PROSTATE SCREENINGS.](#)

25 [SCAD SAVANNAH FILM FESTIVAL: TODAY - NOV. 1.](#) SAVANNAH'S BIGGEST ANNUAL FILM FESTIVAL, HOSTED BY THE SAVANNAH COLLEGE OF ART AND DESIGN, FEATURING FILM DEBUTS AND CELEBRITY SIGHTINGS.

26 IT'S EASY TO LET OUR DAYS BECOME CONSUMED WITH TASKS, STRESS, AND NEGATIVE ENERGY. TAKE A FEW MINUTES TODAY, [ACKNOWLEDGE ALL THE THINGS IN YOUR LIFE THAT YOU ARE THANKFUL FOR.](#)

27 FOCUS ON 15 MINUTES OF MOVEMENT TODAY. MOVEMENT IS GOOD FOR YOUR HEART, AND EXERCISE ALSO HELPS YOUR BRAIN MAKE SEROTONIN, THE CHEMICAL THAT CAN REDUCE DEPRESSION AND HELP REGULATE MOOD.



28 CHALLENGE YOURSELF TO A NO-SUGAR DAY! ENJOY NATURAL SWEETNESS FROM FRUITS. TIP: SUGARY BEVERAGES ARE THE BIGGEST HIDDEN SOURCE OF ADDED SUGAR. CHOOSE WATER, SPARKLING WATER, OR UNSWEETENED TEA INSTEAD.

29 HEALTHY OUTLETS: WHEN STRESS OCCURS, IT'S IMPORTANT TO FIND HEALTHY OUTLETS TO RELIEVE THESE STRESSORS, LIKE GOING TO THE GYM, SPENDING TIME WITH FAMILY, TAKING A YOGA CLASS OR ENJOYING A NEW HOBBY.

30 DON'T DELAY, CITY OF SAVANNAH MEDICAL PLAN MEMBERS: COMPLETE YOUR WELLNESS ACTIVITIES BY 11/15/25 AND SAVE \$1000 ON 2026 MEDICAL PREMIUMS! LOG IN TO YOUR ACCOUNT: [CITYOFSAVANNAHHEALTHPLAN.COM](#) OR CALL 866-360-7926.



31 HAPPY HALLOWEEN! STAY ACTIVE BY TAKING YOUR FAMILY TRICK-OR-TREATING OR WALKING AROUND THE NEIGHBORHOOD BEFORE HANDING OUT TREATS!



SAVE THE DATE
OPEN ENROLLMENT

- **NOVEMBER 1 - 15TH**
- **TIME: 8 AM - 4 PM**
- **ADAM'S COMPLEX, 20 INTERCHANGE DRIVE.**