

Coming Soon – November’s Diabetes Awareness Month Events:

- **Live Webinars** – Tune in and take charge of your health.
- **Online Challenge** – a 4-week nutrition online wellness challenge.
- **Wellness Prizes** – we’re giving away great giveaways!



[Register](#) for the November **Coffee & Chat** webinar and join us on **Wednesday, Nov. 3 at 9 a.m.**

- Grab your warm cup and tune in for this month’s segment!
- We’ll highlight November’s fall activities and giveaways.
- Plus, we’ll give away some random wellness prizes!



Level Up. Together.

Success often comes easier with support. That’s why Wellness Champions serve as ambassadors who will empower employees to become healthier, happier, and more productive at work and home.

Wellness Champions are employees like you, who have volunteered to help the Level Up program spread its message through motivation, encouragement, education, and inspiration.

Wellness Champions will be your agency’s point of contact for the program—coordinating county-wide activities and competitions and developing agency-specific programs that are targeted to help address wellbeing challenges faced by you and your colleagues.

Join us in applauding all of the Wellness Champions! And congratulations to the new Wellness Champions!

Meet Your New Wellness Champion!

Don’t know your Wellness Champion? Chances are... you received this email from them, or they posted this information on a bulletin board for you. We’ll make it easier for you – [find out who they are!](#)

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