



**WALKTOBER™**

**And the Winners are...**

We hope your spirits were lifted and your days were brightened, as you stepped out and up with Walktober!

### **Look at what we were able to accomplish together:**

- Total participants: **575 participants**
- Number of teams: **62 teams**
- Total steps: **195,352,798**
- Total leaves earned: **9,916**
- Agency with the most participants: **Police Department**

### **Individual Competition Winners**

- **Apple iPad ~ Elizabeth DeLeon**, Office of Homeland Security
- **Apple Watch ~ Angela Porter**, Police Department
- **Apple AirPods ~ Regina Washington**, Office of Community Relations

### **Random Registration Drawing – Apple HomePod Mini**

- **Robert Franc**, Office of Community Relations
- **Kirk Davis**, Office of the Sheriff

### **Random Weekly Prizes – \$50 Gift Card**

- **Kayla Weddle**, State's Attorney's Office
- **Yenis Avalos**, Office of Human Resources Management
- **Tracey Beasley**, Office of Finance
- **Ashley Staten**, Department of Permitting, Inspections & Enforcement
- **Mridula Sharma**, Office of Information Technology

### **Team Prizes – \$50 Gift Card**

- **SAO Superstars ~ State's Attorney's Office**
- Denise Douglas, Marc Tyler, Mercy Idoko, Ugochi Idika & Willie Powell

## Congratulations!

Congratulations to all of the winners! We encourage everyone to set personal wellness goals and continue elevate your total well-being. Thank you for participating.



### Diabetes Awareness Month Events Continues!

## Register for Free Webinars & Giveaways for Diabetes Awareness!

Everything is better with prizes, right? Each week, Level Up will raffle off the following:

- One Ninja Professional Food Processor
- One Apple HomePod Mini
- One \$100 Gift Card

### Here are the winners for Week 1

- Larry Frelow ~ Fire-EMS Department
- Dana Cooper ~ Office of the County Executive
- Shirley Canty ~ Department of Corrections

**To be entered into the drawing each week, you must register and attend at least one webinar that week.** Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Diabetes Awareness Campaign.

## Additional Resources

- [Omada Health](#)
- [Centers for Disease Control & Prevention](#)

Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on mindfulness and mental health — [free webinars](#) available to all employees. Register and tune in!