

Gratitude

November Wellness Focus

Wednesday, November 1, 2023

Happiness expert, Yale professor, and host of The Happiness Lab podcast, Laurie Santos says, "It turns out that the simple act of **scribbling down 3-5 things you're grateful for** at the end of the day can significantly improve your well-being in as little as two weeks."

Chances are, you have heard this before, but are you practicing it? As we welcome November, how about committing to practicing gratitude each day?



Today I'm grateful for:

1. Flu Vaccine Clinics
2. SEBB Open Enrollment
3. Wellness Wednesdays



Upcoming Events

Staff Flu Vaccine Clinics

November 3 from 2:30-5:00 at the ESC

Gig Harbor Primary Care will be administering staff flu vaccines on 11/3/23. This vaccination clinic is offered to all staff as a service to our community and is strictly voluntary. Your health insurance will be billed by the clinic.

CLICK the link at the top of the newsletter to sign up for vaccinations.

COVID vaccines are available through your health care provider and/or local pharmacies.

Reminder: Open Enrollment Dates for SEBB

October 30 through November 20, 2023

Visit & Explore the Virtual Benefits Fair

You will find links to videos, webinars, downloadable content, provider searches, and other information to help you choose the right benefits for you and your dependents.

Washington State
Health Care Authority
Smart[Heart]Health

Go to the
SEBB Website
to review plans for
2023-24
(see link at top of page)

Qualify for a \$125
wellness incentive
(see link at top of page)

