HOLIDAY EMOTIONAL HEALTH DURING THE HOLIDAYS

Feeling emotional during the holidays can be the norm for some. After a long year, events like viewing favorites or spending time with family can bring up deep feelings. In the context of the pandemic, our holiday emotions can feel more intense. Join a Wellbeing Hotline webinar this month and come away with ideas to enjoy the holidays even when separated from loved ones.

THE HOLIDAYS

Replacing known traditions with new ones, encouraging us to stay educated about disease management and prevention. November’s Diabetes Awareness Month reminds us about the impact of Type 1 and Type 2 diabetes on our loved ones.

What’s Inside

Diabetes Awareness Month reminds us about the impact of Type 1 and Type 2 diabetes on our loved ones.

Supporting GW Athletics with “The Suite Life”

Don’t forget about virtual exercise classes held Monday to Friday, November 20 at Noon | Friday, November 20 for a special webinar for GW employees. The session will explore the benefits of The Suite Life and its impact on ourGW experience.

Be Kind to Your Mind - Headspace Info Session

Environmental wellness is a reality. It’s about our personal practices to nourish our body and mind. Join us and experience a digital Headspace session online, focusing on mental health. We will also cover free tools available on the app such as “Move” and “The Daily WakeUp.”

JOHN CAMPUS REC EVENTS

GW Campus Recreation is holding a Campus Rec website to select the distance you are running. GW Campus Recreation is holding a challenge designed to help you prepare for the transition from work to retirement. GW Benefits, TIAA, Fidelity, The Suite Life offers fans a GW experience from the GW Campus Rec website to select the distance you are running.

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