



Your Motivating Mississippi program newsletter for Wellness Champions and site leadership

CONGRATULATIONS to the Third Quarter 2021 Workplace Wellness Warriors!

The Workplace Wellness Warrior recognition program successfully launched in 2018 to recognize our site contacts and Wellness Champions doing an exemplary job supporting wellness in the workplace. The following wellness champions are your Third Quarter 2021 Workplace Wellness Warriors.

Inside this Issue:

- Third Quarter 2021 Workplace Wellness Warriors
- Quarterly wellness challenge
- Monthly wellness webinar
- Fourth Quarter online group coaching

BRONZE	SILVER	GOLD
Walterine Robinson MS Dept. of Achieves and History	Alana Skipwith Medicaid- Central Office	Langham Gray/Tricia Russel/ Stephanie Dugid Copiah-Lincoln Community College
Brad Skelton MS State University- Human Resources	Tyrone Bowers MS Division of Medicaid Gulfport Regional Office	Natasha Tubbs/Donnis Harris Quitman School District
Ruby Hudson/Denise Keller Philadelphia Medicaid	Deneen Banks MS Valley State University	Shana Hansen/ Krystal Thurman/ Cynthia Jiles MS Community College Board
Suzanne Coffey/Tammie Reeder New Albany School District	Meridith Flemming University of MS-Dept. of Outreach	Stephanie Johnson Vital Stats
Jennifer Payne/Sherelyn Gooch University of MS-Human Resources		Bel Ferguson Hudspeth
Jean Travis MS Development Authority		
Dinah Sullivan Adams County School District		



Have you tried onsite 1:1 coaching yet?

Schedule an onsite health coach to visit your site to offer personalized health coaching appointments to your employees. Topics include healthy eating, stress management and sleep.

Contact your onsite health coach for more details!



Stress free holidays

Looking for an onsite or virtual presentation or activity for your employees?

Presentation: Tips for a stress-free holiday

Activity Table: Prediabetes

Schedule with your onsite health coach!



November wellness webinar

Reduce your risk or diabetes.

More than 86 million Americans have higher than normal blood sugar. Are you one of them? You can reduce your risk for Type II diabetes with a few simple steps. Learn the basics of this growing disease, the risk factors and how you can achieve better health.

Tuesday November 16, 2021
9:00 AM, 11:30 AM or 3:30 PM CT

[REGISTER HERE](#)



Quarterly wellness challenge

Stay resilient challenge

Learn ways to cope during life's challenges. Build your resilience skills over 30 days.

1. Call or email your onsite health coach to register your site to participate.
2. Schedule a virtual or onsite challenge kick-off event with your health coach.

[REGISTER HERE](#) for our virtual challenge kick-off.

3. Collect log sheets at the end of the challenge and share with your onsite health coach by January 14, 2022 to be entered into a Prize Drawing* for a chance to win an essential oil diffuser gift set.

*Prize drawing Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States and D.C. 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc

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Fourth quarter online group coaching

Reduce your risk for diabetes.

Starting October 27th this 6-week coaching series can help you learn how to reduce your risk for developing Type II diabetes.

Each class is 30 minutes and offered at 12:00 PM or 3:30 PM CST. Register below for one series time.

[12pm: Series Registration.](#)

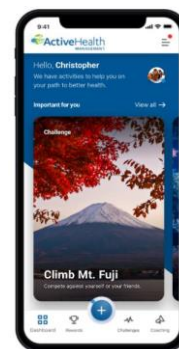
[3:30pm: Series Registration.](#)



Let's connect!

Visit MyActiveHealth.com/Mississippi and get:

- Easy-to-use tips, tools and trackers.
- Simple dashboards that let you know how you're doing.
- Customized coaching to help you reach your wellness goals.
- Action items, reminders, health assessments and links.
- And much, much more!



Register on MyActiveHealth.com/Mississippi today to stay connected with your health!

