



## In This Week's Issue:

- Register (or Volunteer) for the Franklin County 5K & ThriveOn Challenge
- **Benefit Spotlight:** You Got Married and/or Had a Baby ... Now What?
- **An Ounce of Prevention:** Healthy Tips to Avoid Common Injuries
- **Learn & Thrive:** Financial Health Support
- **Happy & Healthy Eating:** Pumpkin Pie ... in a Bowl
- **Community Spotlight:** Let's Go On a Nature Walk!



## [Register \(or Volunteer\) for the Franklin County 5K & ThriveOn Challenge](#)

There's still time to register (or volunteer) for the annual Franklin County 5K & ThriveOn Challenge happening Sunday, October 9. This is your opportunity to boost your health through physical activity and social connection!

As a reminder, all Franklin County employees, spouses/ domestic partners, and children are welcome to participate.

A few perks for participants and volunteers:

- Complimentary delicious (and nutritious!) **pumpkin pie smoothies** served by our partners at CancerBridge.
- **Free flu shots** provided by our partners at OhioHealth.
- All participants and volunteers can earn a **\$50 Well-Being Activity incentive** (maximum of 4 Well-Being Activity incentives a year).
- **Awards and incentives** for agency and individual challenge winners.

[Click here to register or volunteer for the Franklin County 5K & ThriveOn Challenge.](#)



## [Mark Your Calendar](#)

- **Sunday, October 9:** Final day to register for the Franklin County 5K & ThriveOn Challenge (taking place on Sunday, October 9). [Learn more and sign up here.](#)
- **Friday, October 14:** Deadline to submit a Gym Membership Reimbursement for Q3 (July 1-September 30). [Learn more here.](#)
- **Friday, November 11:** Veterans Day observed.
- **Saturday, December 31:** Deadline to complete Biometric Screening and Well-Being Activities to earn your Wellness Your Way incentives. [Get started here.](#)

**It's more important than ever to get your flu vaccine.** Experts warn flu season could start earlier this year – as soon as October – and could be stronger than past years. **Be a Flu Fighter.** [Find a flu shot location near you.](#)



## [Benefit Spotlight: You Got Married and/or Had a Baby ... Now What?](#)

Life Events are personal changes that occur outside the annual open enrollment period that may alter your benefit needs. This could include:

- Marriage or Domestic Partnership
- Birth
- Adoption/ Legal Guardianship
- Divorce/Dissolution/Legal Separation
- Dependent child ages out

**You have 30 days from the date of a qualifying Life Event to make changes to your benefits.** This includes your health, your life, and your disability insurance coverage.

To submit a Life Event (within 30 days of event): [Login to fccBenefits.com](#) > click Life Event > check the box that best describes your life event.



## [An Ounce of Prevention: Healthy Tips to Avoid Common Injuries](#)

Muscle pain and joint injuries are a natural part of life. It doesn't matter your age, gender, or activity level – seemingly harmless habits can take a toll on your body over time.

There are small steps and minimal changes you can make in your everyday life to avoid these common injuries. Here are a few tips from OhioHealth physical therapist Tim Varughese:

- Sit less and stand more to **combat back pain**.
- Wear supportive footwear and practice routine stretching to **reduce foot pain**.
- Walk daily for 30-40 minutes to **avoid knee pain**.

[Head over to the Ohiohealth Blog for more tips to avoid injuries and thrive in your everyday life.](#)



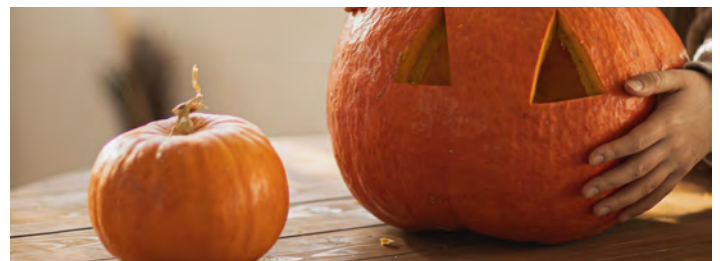
## [Learn & Thrive: Financial Health Support](#)

Physical and mental health are important to thrive in your everyday life. So is financial health. As a Franklin County employee, you have access to free financial workshops from BMI Federal Credit Union. Here are two workshops you may find helpful:

**Managing Debt** | Tuesday, October 11 at 11:30 am | [Click here to register](#)

**Holiday Spending** | Tuesday, November 1 at 11:30 am | [Click here to register](#)

[Explore additional financial workshops available through BMI Federal Credit Union here.](#)



## [Happy & Healthy Eating: Pumpkin Pie ... in a Bowl](#)

If you're looking for a fun festive pumpkin treat, here's a healthier-for-you (and tasty!) Pumpkin Pie Smoothie Bowl our friends at OhioHealth recommend trying:

### Pumpkin Pie Smoothie Bowl

#### Ingredients

1 ½ sliced	frozen banana
½ cup	canned pumpkin
¾ cup	coconut milk
1 tablespoon	almond butter or cashew butter
1 tablespoon	pure maple syrup
2	medjool dates, pitted
2 teaspoons	cinnamon
1 teaspoon	pumpkin pie spice
	handful of ice cubes
2 scoops	collagen powder (optional)

#### Directions

1. Add all ingredients to your blender and blend until smooth.
2. Pour into bowl and add your favorite toppings, like granola, chia seeds or unsweetened coconut flakes. Make it more of a dessert with a dollop of coconut whipped topping!

Recipe by Mariah Fredritz, CHES, ACE





## **Community Spotlight: Let's Go** **On a Nature Walk!**

Saturday welcomes the month of October – crisp air, changing leaves, migrating birds – and ushers in the autumn season. We recommend grabbing a friend and going for a nature walk this weekend (make sure to wear a jacket or hoodie ... it's supposed to be in the upper 60s).

Here are a few local nature trails to consider:

**Battelle Darby Creek @ Galloway** | features more than 7,000 acres of forest, prairies and wetlands. Bison have been reintroduced to the park and roam freely within two enclosed pastures. | [Learn more](#)

**Blendon Woods @ Westerville** | contains spectacular stream-cut ravines with exposed ripple rock sandstone and open fields surrounded by beech-maple and oak-hickory forests | [Learn more](#)

**Glacier Ridge @ Plain City** | Visitors can traverse a boardwalk through the Honda Wetlands Area or climb a 25-foot observation tower to see waterfowl and other animals | [Learn more](#)