



## IN THIS EDITION:

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## MARK YOUR CALENDAR:

- **Friday, January 13:** Gym Reimbursement Requests Due for Quarter 4
- **Monday, January 16:** Martin Luther King Jr. Day

## How to Improve Communication Skills with Tammie Yancey



Communication is at the heart of professional and personal interactions. Depending on skill level, the ways we communicate can open doors to productive relationships, a good working climate and opportunities. But the lack of solid skills can close doors. This training offers participants a chance to apply skills that are critical to good communication and learn about factors that positively influence communication - as well as those that may create barriers.

Join Franklin County's Onsite EAP Consultant, Tammie Yancey, for an interactive session on improving your communication skills.

- Wednesday, January 11 from 10-11am
- Thursday, January 12 from 1-2pm

[Click here](#) for more information, including links to join the session and the workbook materials.



## Finding Purpose to Start Your New Year

There is no better time than the new year to reflect on past achievements and focus on healthy, positive changes that you can make moving forward! From shaping personal goals to guiding important life decisions, a strong sense of purpose benefits both happiness and health. But what *is* purpose?

In short, it is the reason you get up in the morning—the “why” for how you live your life. Purpose encompasses your motivations and values and is unique to everyone. Dan Buettner, National Geographic Fellow, award-winning journalist and producer, and New York Times bestselling author once said:

“Having a purpose and knowing exactly what your values are will add years to your life.”

Use [this guide](#) to spend time thinking about your purpose. Doing so might allow you to enjoy its many benefits, including:

- Living longer
- Managing stress better
- Reducing risk of heart disease and Alzheimer's
- Handling pain better
- Experiencing stronger relationships
- Realizing greater resilience and grit
- Sleeping better
- Having greater optimism, hope, and life satisfaction
- Displaying stronger motivation
- Being more likely to receive preventive health services and be physically active



## WeightWatchers Can Help You Achieve Your 2023 Goals

WeightWatchers® has the support and tools you need to meet your goals and still live your life. Its science-backed program is rooted in the latest research, advanced nutrition, and expert coaching to help you build healthy habits and reach your goals, just like WeightWatchers member, Naomi M!

Naomi M. lost 68 pounds\* with WeightWatchers® and gained a new sense of self, more confidence, and healthy habits for life. "WeightWatchers taught me that I don't need to be perfect, I just need to be consistent with my healthy habits to see change."

Employees and enrolled spouses/domestic partners get an exclusive discount of 50% off the retail price and can join now for as low as \$9.75 per month. Sign up at [WW.com/FCC](http://WW.com/FCC). Become a WeightWatchers member by February 28 and get a free WW Bluetooth® body weight scale at [WW.com/freescale](http://WW.com/freescale). Research shows that people who log their weight more frequently lose more weight than those who don't. Make tracking even easier with a scale that auto-syncs your weight in the WW app.

\*People following the WW program can expect to lose 1 to 2 pounds per week.



## Gym Reimbursement Program

Did you know that you can receive up to \$25/month toward the cost of your gym membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more! If you're not sure if your membership qualifies, contact ThriveOn – we're here to help!

All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. [Click here](#) for more information and to complete your reimbursement request today. Quarter 4 requests are due by Friday, January 13th.



## Explore Columbus with Culture Passes from Columbus Metropolitan Library

Columbus has so much to offer – from the zoo and Franklin Park Conservatory to museums and sports teams! Columbus Metropolitan Library has partnered with many of these area attractions to provide Culture Passes for free admission. A full list of available Culture Passes is below. A library card is required, and culture passes are only available in-person at certain locations. If you're interested in using a Culture Pass but don't have a library card, don't worry! You can easily apply for a library card online at the [Columbus Metropolitan Library website](http://Columbus Metropolitan Library website).

Culture Pass Attractions:

- Ballet Met
- Columbus Clippers
- Columbus Museum of Art
- Columbus Symphony
- Columbus Zoo and Aquarium
- Franklin Park Conservatory and Botanical Gardens
- Ohio History Center & Ohio Village
- National Veterans Memorial and Museum

[Click here](#) to learn more about the Culture Pass program, including available locations.

Phone: 614-525-3948

Email: [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov)

**ThriveOn**  
Your Health and Wellness Program