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A MOMENT OF AWARENESS: **Prioritize Your Mental Health**

When you give yourself just a few minutes a day to focus on building your mental strength, you gain the skills, knowledge, and power to show up for yourself and others. **meQ** gets you there. **meQ** – available free-to-you through your [ThriveOn wellness program](#) - is a comprehensive science-backed approach that digs deep to reveal the root causes of stress and success, helping you understand what makes you tick and what takes you ahead. [Take the meQ Pledge to get started.](#)

First Time Users: Open your **Wellness At Your Side** app (or log into fcthriveon.com), click **Beat Stress with MeQ**, then follow the registration prompts.



Mark Your Calendar

Sunday, October 9 is the **Franklin County 5K & ThriveOn Challenge!** It's a fantastic opportunity for fun & active social connection, festive treats (pumpkin smoothies!), and fresh fall air. You have until Sunday, October 9 to [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.](#)



[AN OUNCE OF PREVENTION: Get Your Bivalent Booster](#)

Our partners at OhioHealth will be providing the new bivalent booster to Franklin County employees:

- free-to-you
- at the **Franklin County Government Tower** (room: JSB-A)
- on a walk-in and while-supplies-last basis
- on **Tuesday, 10/18** and **between 9 am and 2 pm**

This vaccine includes components of the original virus strain, as well as the Omicron variant, to provide broader protection against COVID-19. You are eligible if you are:

- age 18 and up
- at least 2 months since completing primary vaccination series
- at least 2 months since any other booster

If you recently had COVID-19, you are not disqualified from receiving a booster. Instead, you may choose to wait three months until after your symptoms first began before getting a booster.



[LEARN AND THRIVE: Sign Up for Virtual Group Fitness](#)

Ready or not, there are less than 90 days left until the new year! That means you still have almost three months to tackle your 2022 fitness goals (and get a head start on 2023).

If you would find it helpful, OhioHealth offers dozens of free-to-you virtual group fitness classes. You can [explore the full offering and register here](#). Act fast ...new classes start soon.

Can't make it to a live class? There are dozens of free-to-you recorded classes in the [on-demand Group Fitness Library](#) (password: Strength).

Wellness Your Way: This is your last opportunity to earn a **\$50 Well-Being Activity** incentive for completing 24 virtual fitness classes in 2022.



[HAPPY & HEALTHY EATING: Try Festive Fall-Themed Overnight Oats](#)

If you're often rushed for time in the mornings or struggle to eat a balanced breakfast (or both!), have you tried overnight oats?

[This step-by-step tutorial](#) – available on the [Healthy Recipes page of Foodnetwork.com](#) – shows you the basics of making overnight oats (which seriously takes less than 5 minutes). And [here are three festive fall-themed variations](#) you can make:

- ❖ **Pumpkin Cheesecake with Gingersnaps** | 200 calories
- ❖ **Pumpkin Pie** | 186 calories
- ❖ **Apple Pie** | 189 calories



[COMMUNITY SPOTLIGHT: Let's Do Boo at the Zoo!](#)

Looking for something fun & festive (without the fright) to do this month for Halloween? We recommend experiencing Boo at the Zoo!

This merry-not-scary, frightfully delightful event takes place at the Columbus Zoo and Aquarium during the following weekends:

- ❖ October 14-16
- ❖ October 21-23
- ❖ October 28-30

Tickets are available for purchase online through October 30. For a limited time only, you can purchase Buy One, Get One Free admission coupons at participating Wendy's restaurants in Central Ohio.

[Learn more and explore other events at the Columbus Zoo and Aquarium here.](#)