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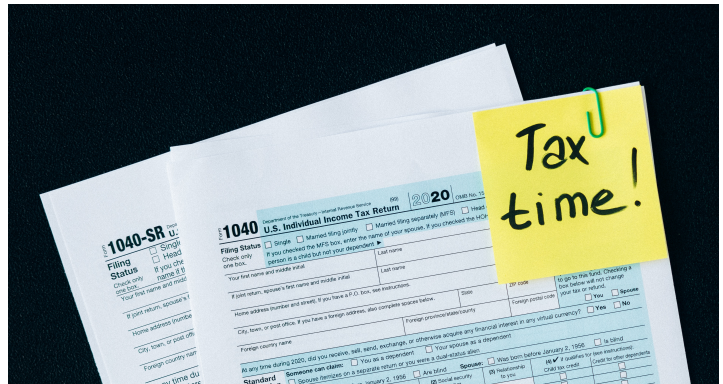


Be Kind & Be Rewarded with the Kindness Matters Challenge

No matter how big or small, acts of kindness can harbor feelings of empathy, compassion, optimism, confidence, and happiness, for you and the recipient. Kindness has even been shown to impact physical health by decreasing blood pressure and positively impacting hormone levels in the brain. The **Kindness Matters Challenge** encourages you to lend a helping hand and embody the quality of kindness.

March 8th – April 4th you can gain all the benefits of being kind while earning \$50 for completing a Well-Being Activity in ThriveOn's *Wellness Your Way* program! The Kindness Matters Challenge is also a great opportunity to get the whole family involved in well-being! Here's how it works:

1. Register for the challenge by March 15th at fccThriveOn.com
2. Show kindness to those around you
3. Achieve the participation requirement: enter a "yes" or "no" response for 21 of the 28 days
4. Achieve the daily goal: complete at least one act of kindness on 14 days of the challenge and record "yes" for doing so



Tax Preparation Webinar

ThriveOn offers free access to Enrich Financial Wellness for all Franklin County Cooperative employees and spouses/domestic partners. Through Enrich you can access a variety of financial courses, tools/calculators, and even one-on-one financial coaching.

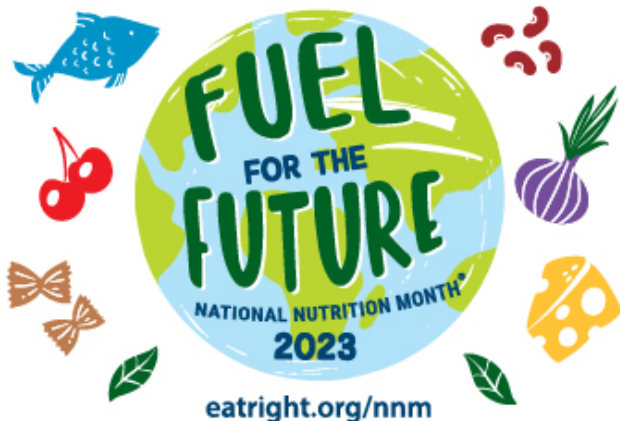
With tax season in full swing, Enrich is offering a **Tax Filing Preparation webinar on Wednesday, March 15th at 2pm EST**. Their experts will discuss how individuals can better prepare themselves to fulfill their income tax obligations this year. This includes knowing what questions to consider when filing your taxes. Enrich will also provide an overview of some notable changes for tax year 2022. During the webinar you'll have the chance to engage in a live chat forum with Certified Personal Financial Counselors to ask your questions.

Follow the instructions below to register for the webinar.

1. Log in to your wellness portal at fccThriveOn.com
2. Click 'Wellness Hub' at the top of the page
3. Select the card that says 'Enrich Financial Wellness'
4. At the top of the page, hover over 'Topics', and then select 'Webinars' from the drop down menu
5. There is a banner about the upcoming webinar at the top of the page. Click 'Register Now' and then follow the steps to complete your registration.

Did you know you can earn incentives for utilizing Enrich Financial Wellness? By completing the Enrich Financial Wellness Checkup and a course, you can earn a \$50 Well-Being Activity incentive! Follow the instructions above to access your Enrich account and get started.

#NationalNutritionMonth



Fuel Your Body During National Nutrition Month

Few things are as important for wellness as what we put into our bodies every day. Food is a complex and sometimes fraught topic; there are implications for geography, culture, socioeconomic status, medical history, and more. Luckily, there are some guiding principles from which we can all stand to benefit, no matter who we are or where we come from. Nutrition isn't just about *what* we eat, but also *how* we eat. Good nutrition is also about where food comes from, and how and when to get, prepare, and consume it. Check out the helpful tips below to improve *how* you eat!

- **Mindful eating:** Mindfulness isn't only for meditation! Treat your mealtimes with respect and attention by being present with your food and avoiding the temptation to watch a screen or answer emails. Enjoy your food slowly and deliberately to avoid overeating.
- **Rest up:** One of the best things you can do to support your nutritional goals is to get enough sleep. The [Sleep Foundation](#) discusses sleep's role in high-calorie food selection, hormones that help control appetite and hunger, and more.
- **Grow your own:** No matter where you live, you can grow herbs or small vegetables. There's no better way to feel connected to what you eat, and you can't beat the freshness. [Click here](#) for tips to grow your very own indoor herb garden!
- **Seasonal shopping:** Access to all foods at all times is a luxury of the modern era. Returning to a practice of buying what's in season is cheaper, healthier, more sustainable, and more delicious!
- **Food and ingredient sourcing:** Rather than doing all your shopping at the nearest store by default, spend time exploring other sources, including smaller shops that may specialize in certain cuisines or farmer's markets.
- **Build a routine:** A busy schedule can lead to skipped meals. Establish a routine and stick to it, especially when it comes to breakfast.
- **Plan and prep:** Meal-planning is a popular way to make all your meals for the week at once. Establish themed nights, like Taco Tuesdays, to take the guesswork out of cooking.



International Women's Day

#IWD2023 #EmbraceEquity

Celebrate International Women's Day on March 8th

Wednesday, March 8th is International Women's Day, a time to celebrate the achievements of women, but also a reminder of the work left to be done for women's equality. International Women's Day began in New York City on March 8th, 1857, when 15,000 female workers protested unfair working conditions, striking for equal rights for women. While International Women's Day has grown significantly, the message remains the same – this is a day when we celebrate the achievements of women and call for continued action for women's equality in all spheres of life.

Below are some ideas of how you can celebrate women's history on International Women's Day (and every day)!

- Attend a [virtual Women's History event](#)
- Support a women-owned business
- Explore online exhibits at the [National Women's History Museum](#)
- Connect with the women in your life
- Learn about women's history by watching a documentary, reading a book, or listening to a podcast – [click here](#) for recommendations



Earn a \$50 Well-Being Activity with Virtual Group Fitness

Finding time to be physically active, let alone go to a class at the gym, can be incredibly difficult. That's why ThriveOn's Virtual Group Fitness program brings the gym right to you! You have access to free live and on-demand virtual fitness classes, including Bootcamp, Balance, Cardio Circuit, Yoga and more. By participating in at least 8 live classes in a month, you are eligible for a \$50 Well-Being Activity through ThriveOn's *Wellness Your Way* program. [Click here](#) to view the current schedule, which is valid through March 31st.

If you are not able to attend any of the live classes, we recommend you check the [on-demand group fitness library](#) (password: Cardio). Participate anytime that fits your schedule. Note: the on-demand classes are not eligible for the incentive.