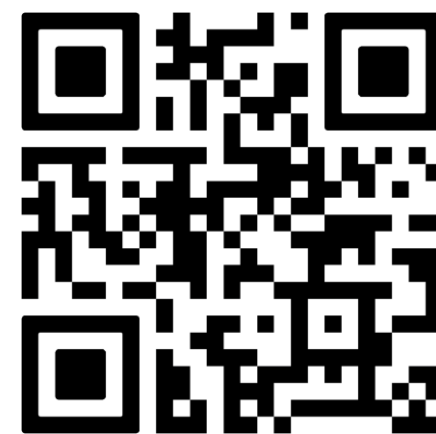
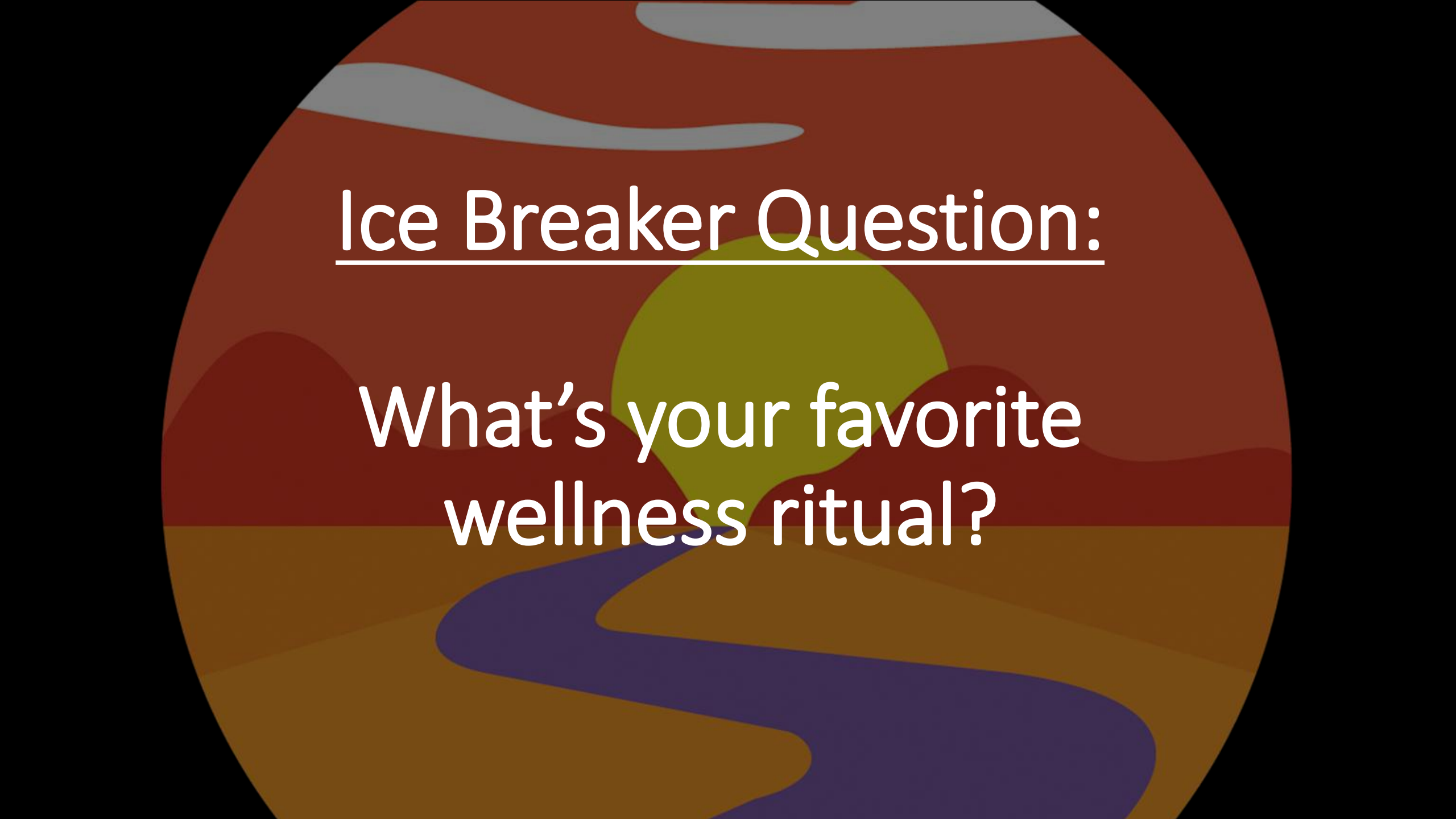




WELCOME!

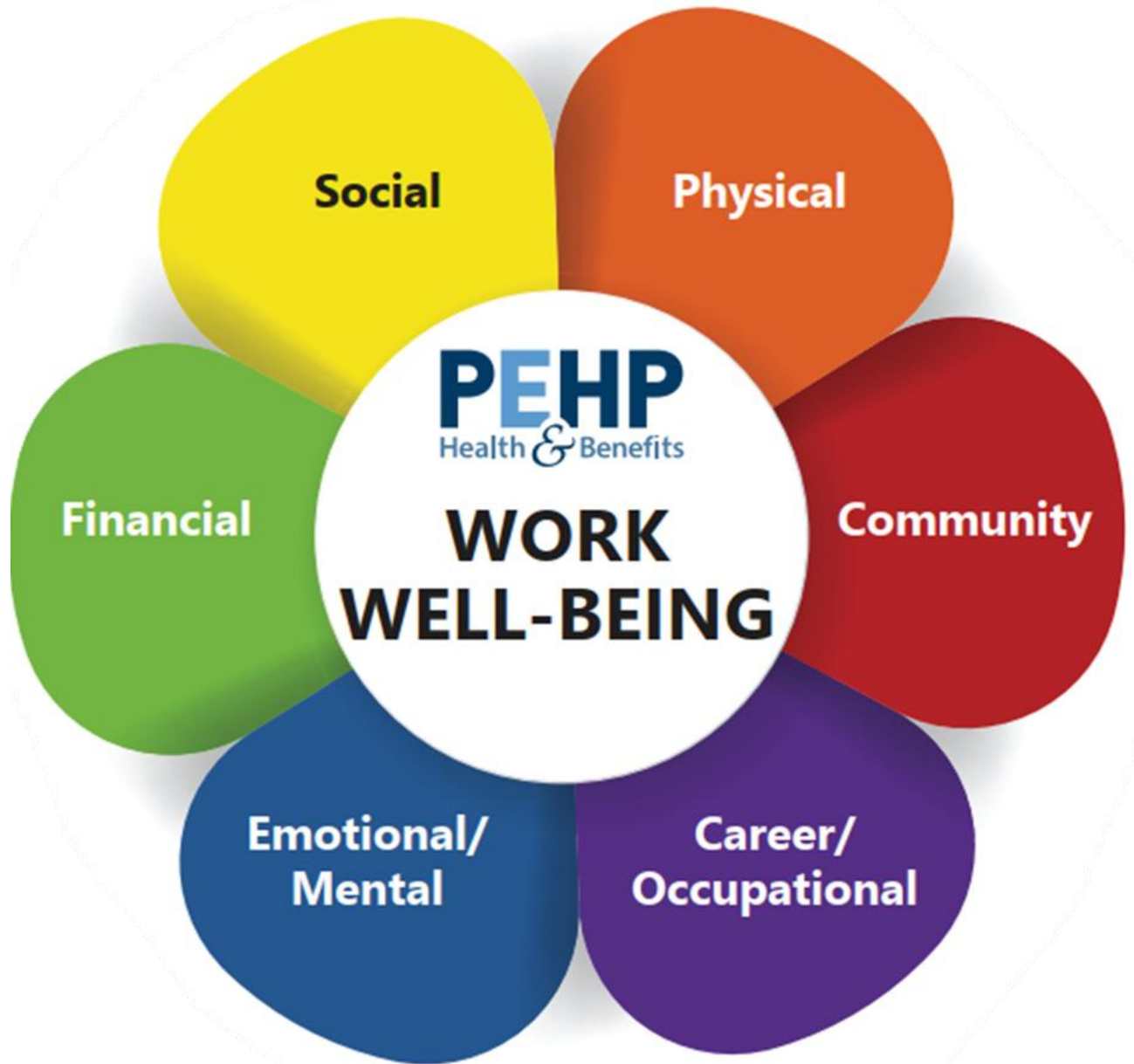


Scan to Access
Healthy Horizons Playlist
on Amazon Music

The background is a circular frame containing a stylized landscape. At the top, there are grey, cloud-like shapes. Below them is a large, solid olive-green circle representing the sun or moon. The middle ground features dark red, rounded shapes representing mountains. The foreground consists of a brownish-yellow ground with a winding, dark blue river. The text is centered over this landscape.

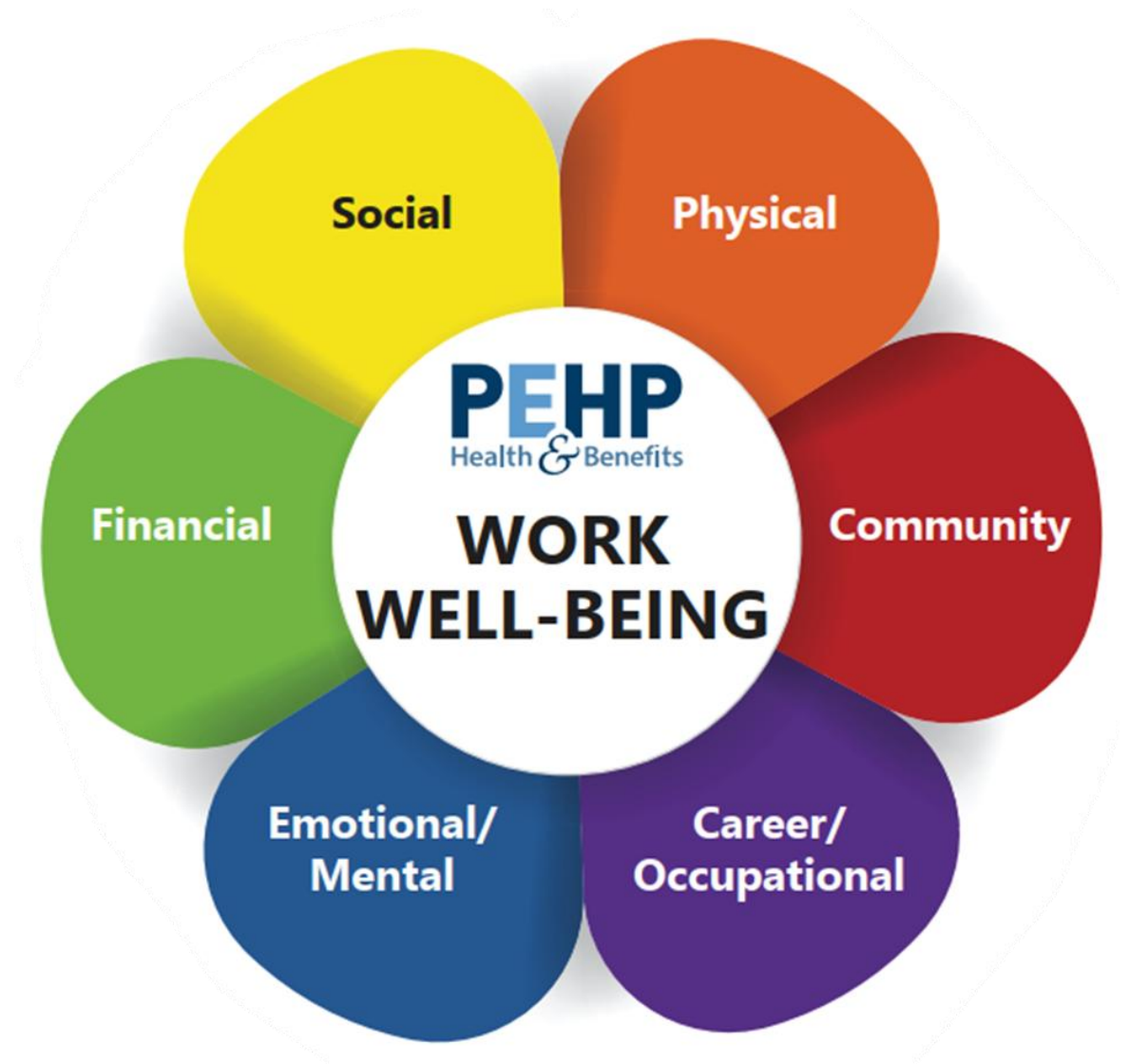
Ice Breaker Question:

What's your favorite
wellness ritual?



2025-2026 Work Well-Being Awards

Physical Well-Being Awards



1-25 Employees

Physical Well-Being

1st Place

**Myton Elementary -
DCSD**



26-50 Employees

Physical Well-Being

1st Place

Duchesne County
School District

2nd Place

Itineris Early
College High School



Itineris 2026 Wellness Challenge
February 9th - April 6th

Physical Wellness	Intellectual Wellness	Emotional & Spiritual Wellness	Whole Body Wellness	General Wellness
Go to a fitness class - even better with a friend	Read a new book	Meditate or pray daily for a week	Get at least 8 hours of rest/sleep each night for a week	Have a coffee/social date with a friend
Try a new type of fitness activity	Listen to a TED talk or new podcast	Get a massage or go to a spa (Or learn massage from YouTube!)	Drink at least 64 oz of water daily for a week	Support a charity
Play a team sport with a group of people	Go to a cultural show, musical/play, festival or museum	Do at least 10 minutes of yoga daily for a week	Kick a "bad" habit of your choice (keep it gone for at least a week - with a plan to be gone forever)	Explore a new area of Salt Lake County
Go for a hike, brisk walk, or a run	Take some time for YOU! Do whatever YOU need to recharge	Do a gratitude journal for a week	Make a healthy breakfast at least 10 times over this challenge	Participate in 3 random acts of kindness
Exercise for 20 minutes for 5 days in a row	Complete a DIY craft or art project	Write a vision for your life. Write/update/reflect on your mission	Try cooking a new healthy recipe	Give up social media for a week or longer

51-100 Employees

Physical Well-Being

1st Place

- 5th District Court – Cedar City
- Cottonwood Heights

2nd Place

DCFS Salem



101-250 Employees

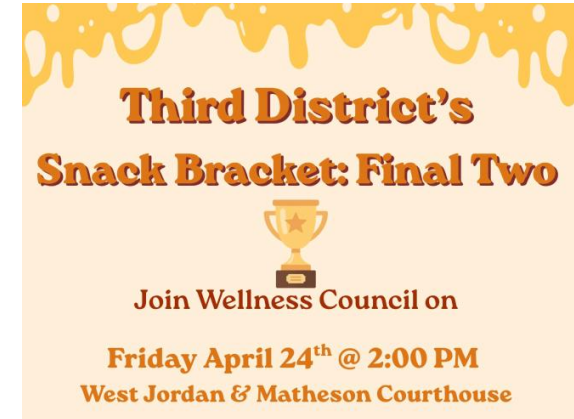
Physical Well-Being

1st Place

3rd District Juvenile Court

2nd Place

High Valley Transit



251-500 Employees

Physical Well-Being

1st Place

Duchesne County

Walk across the West update:

Updated Milestones Passed:

1. Duchesne, UT - Starting point
2. Provo, UT - ~100 miles
3. Delta, UT - ~200 miles
4. Ely, NV - ~300 miles
5. Tonopah, NV - ~500 miles
6. Bishop, CA - ~650 miles
7. Fresno, CA - ~800 miles
8. San Jose / San Francisco, CA - ~900 miles
9. Into the Pacific Ocean - ~1,000 miles
10. Mid-Pacific Point - ~1,500 miles
11. Current Virtual Location: ~1,677 miles

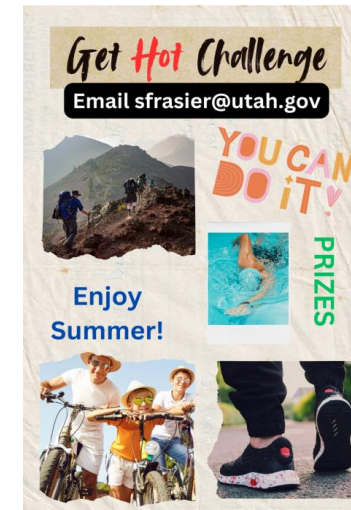
Somewhere southwest of the midway point, heading steadily toward Hawaii!

501+ Employees

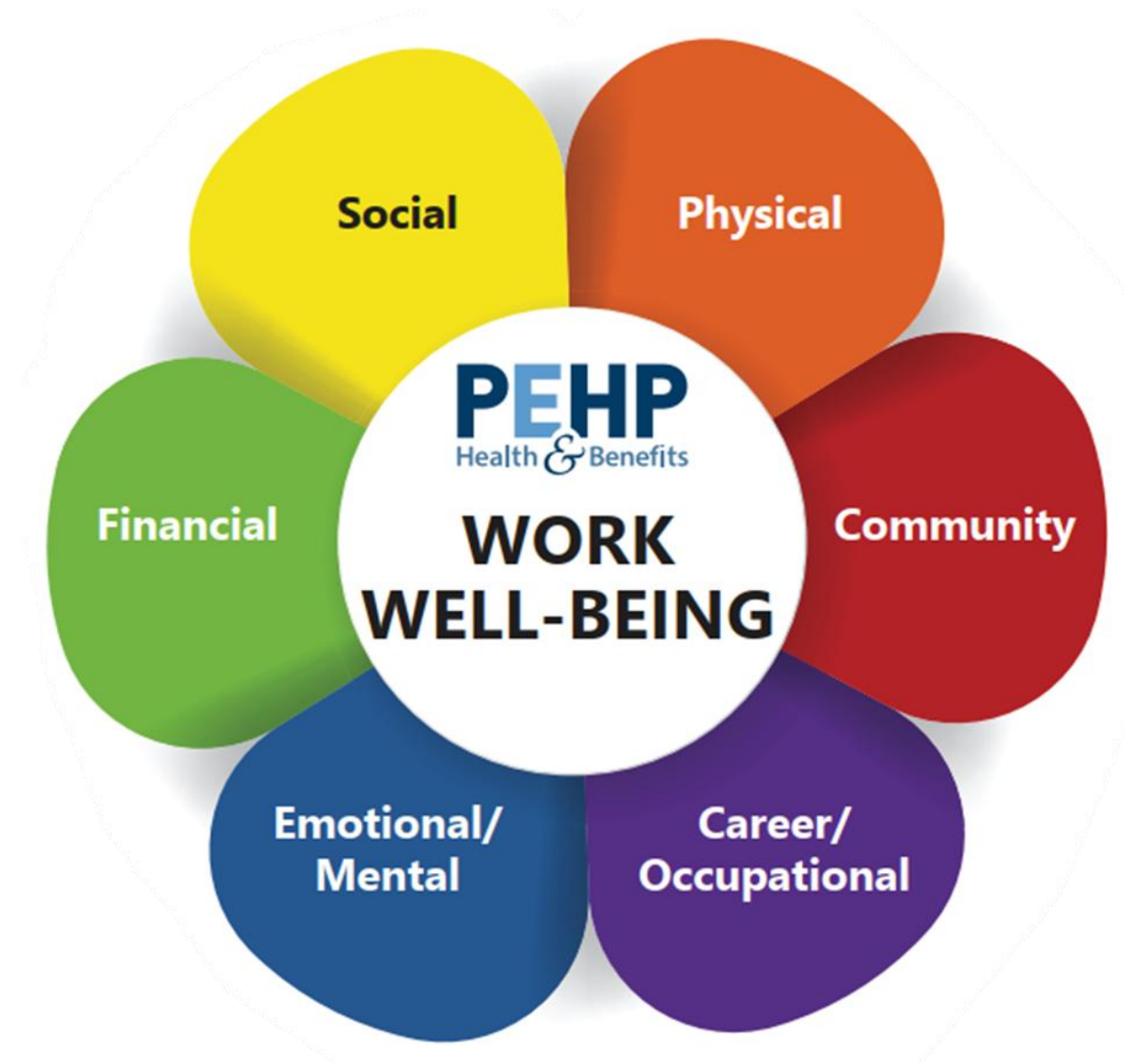
Physical Well-Being

1st Place

- Department of Corrections South
- Dept Natural Resources SL Valley
- Wasatch County School District



Community Well-Being Awards



1-25 Employees

Community Well-Being

1st Place

Provo City Housing Authority



PCHA Spring cleaning/dumpster day

EVENT		Teams		
Spring cleaning		Team captain	Site Address	Column1
DATE				Team names
May 15, 2025		Jessie	Site J	Trevor, Candice
TIME		Paula	Site P	Erika, Nick, Stan
2 pm to 6 pm		Celeste	Site C	Greg, Zac, Sarah
LOCATION		Brad	Site B	Anthony, Olivia,
Site C, I, J, P, B, S		Drea	Site S	Brittany, Jodi, Sh
		Jackey	Site I	Crysta, Jacob, Ja

51-100 Employees

Community Well-Being



2025 Holiday Luncheon & Gift Exchange
The Wellness Council is thrilled to invite you to this year's holiday luncheon. Come hungry and enjoy a delicious catered meal from Olive Garden, provided by the 2nd District Juvenile Court.
You can bring a wrapped work-appropriate gift worth \$10 or less to exchange or feel free to get your Grinch on and opt out of the exchange.
Let's unwind, connect with one another, and share in the memories with the year-in-review slideshow.
Farmington: Monday December 15th 12-1:30PM
Ogden: Tuesday December 16th 12-1:30PM



1st Place

- 2nd District Juvenile Court Farmington
- Wasatch County Health Department

2nd Place

4th District Court

Honorable Mention

Centennial School - DCSD

MERRY CHRISTMAS

SUB FOR SANTA Family Information - United Way Utah County

FAMILY # 1

PLEASE MARK YOUR GIFTS WITH THE FAMILY # AND CHILD'S AGE IT BELONGS TO. FOR SORTING EASIER. THANKS

ITEM	SIZE / BRAND	CHILD'S AGE	GENDER	EMPLOYEE WILLING TO DONATE	ITEM RECEIVED BY WELLNETS COUNCIL / DATE
Pants	Size: 8T Style: Leggings	8	Female	Shyenne Carter	Natasha Tazouli 12/18/2025
Pants	Size: 8T Style: Leggings	8	Female	Shyenne Carter	Natasha Tazouli 12/18/2025
Shirts	Size: 4T Long Sleeve Black/White	5	Female	Shyenne Carter	Natasha Tazouli 12/18/2025
Shirts/Sweater	Size 4T Fleece Jacket Black/White	5	Female	Shyenne Carter	Natasha Tazouli 12/18/2025
Shoes	Size: 8 kids Sneakers	8	Female	Jerry Diaz	
Shoes	Refer to shoe size (Kids 8)	8	Female	Angie Landeros	
Toys	Kitchen Toys, A castle	8	Female	Taunya Garrett - Castle	Joelene Christensen 12/1/25
Toys	Joshua Toys, A castle	8	Female	Heidi Matti - Kitchen toys	
Books (1-2 books)	The Cat and the Dog, Are you the Love of my Heart?	5	Female	Kelly Lamb	
Books (1-2 books)	The Cat and the Dog, Are you the Love of my Heart?	5	Female	Angie Landeros	

3:30PM-5:30PM

HEALTH FAIR

1st OCT

STUDENTS WHO VISIT EVERY STATION WILL BE ENTERED INTO A DRAWING AND COULD WIN LUNCH WITH THE PRINCIPAL! CHECK IN WITH THE OFFICE SECRETARIES BEFORE YOU START TO COLLECT YOUR STATION TRACKER.

EXTENSION of Utah State University

FAMILY SUPPORT CENTER of the United Basin

Duchesne County School District

NCC Counseling Center

Kodiak Counseling

UNITED BASIN ASSOCIATION OF GOVERNMENTS

PAINTED HORSE DIABETES PREVENTION PROGRAM

101-250 Employees

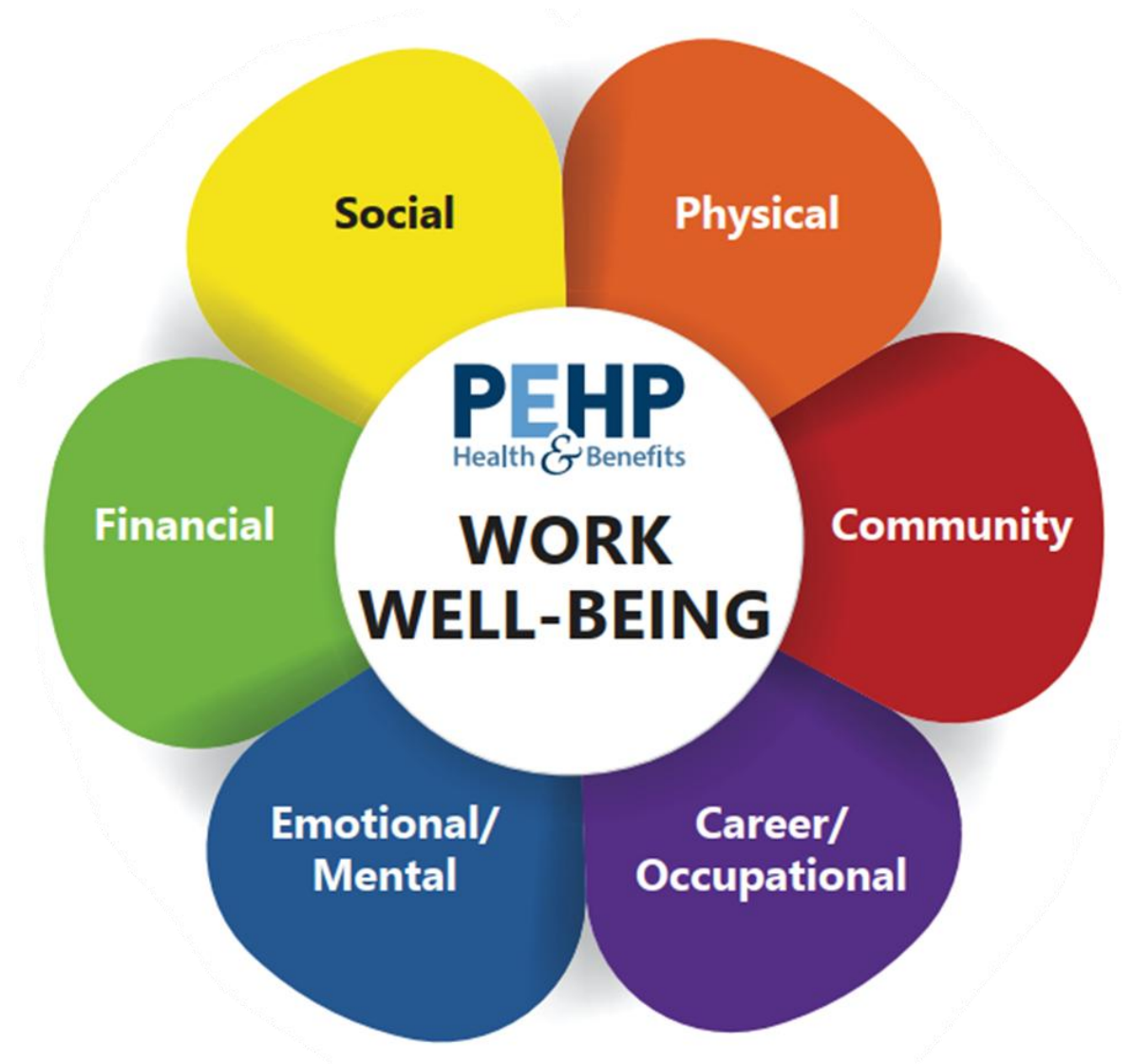
Community Well-Being

1st Place

**JJYS – Weber Valley
Youth Center**



Career/ Occupational Well-Being Awards



26-50 Employees

Career/Occupational Well-Being

1st Place

**DWS/USOR Downtown
Community Care Council**



51-100 Employees

Career/Occupational Well-Being

1st Place

Metro Employment Center



101-250 Employees

Career/Occupational Well-Being

1st Place

- Office of Medical Examiner
- Pleasant Grove City



Logging into the Employee Intranet

1 ACCESS THE WEBPAGE

Start by visiting the Pleasant Grove City website. From the top menu, hover over Departments, then select Human Resources. On the page, under Employee Login, click Employee Intranet.

HELPFUL TIP: Save or pin the Employee Intranet page in your web browser for quick access in the future.

2 LOG IN

To access the Employee Intranet, log in using your department's username and password, then click Login.

3 NAVIGATING THE EMPLOYEE INTRANET WEBPAGE

Once logged in, the Employee Intranet provides access to a variety of helpful resources, including:

- Upcoming Employee Events
- Employee Directory
- Employee Newsletters
- Helpful Documents & Forms
- Policies & Procedures
- Wellness Events & Resources
- Employee Event Photos
- EAP & Documentation



501+ Employees

Career/Occupational Well-Being

1st Place

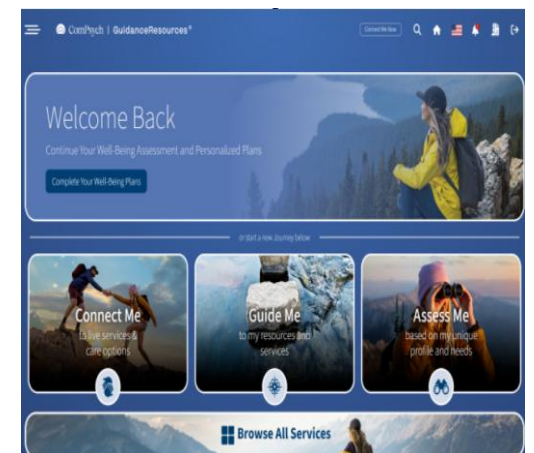
DHHS Cannon

2nd
Place

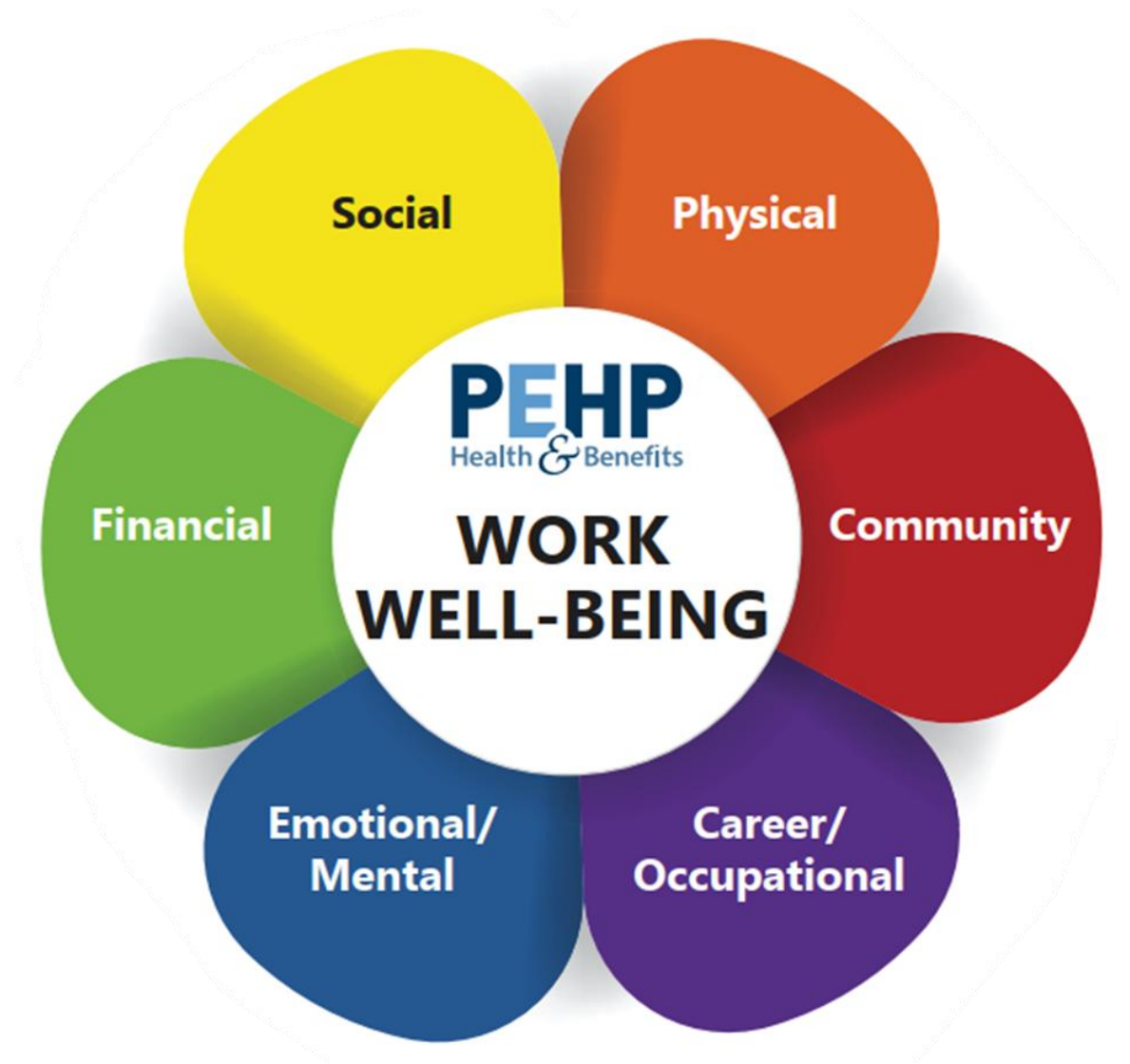
**Utah State
Developmental Center**

Honorable
Mention

Salt Lake City Corp



Emotional/ Mental Well-Being Awards



1-25 Employees

Emotional/Mental Well-Being

1st Place

USOR Northern Lights - Logan

Welcome to Winter Retreat 2025 and

Decompress from the Stress:

Place: Brigham City USU classroom D-217 (989 South Main Street, Brigham City, UT 84302).

9:30 Welcome: Updates

Cocoa bar, Light Snacks, Word Search

Training:

Laughing yoga: Happier in 5 minutes

Music: Can save your life

Dancing: Depression can't hit a moving target:

* Music: Paul; Walk Out Songs throughout the day, guess whose song it is!

10:45 Leave for Serenity Tree: 2895 S. Hwy 89, Perry. Please carpool, limited parking!

11:00- 12:15: 3 groups of 6

*Sound bath

*Chair massage

*Visit time

12:30 pm: Employee Recognition Luncheon - Kristy

Lunch will be delivered- Costa Vida- (GF options)

1:30 pm: Game Time

*Super Swap / White Elephant gift exchange: Go through your house and decide what weird thing you could possibly part with!

2:45 clean up

26-50 Employees

Emotional/Mental Well-Being

1st Place

DCFS Oquirrh

2nd Place

3rd District Court – West Jordan



April Challenge: *Less Stress, More You*

The goal is to complete **one small stress-reducing action each day**. No pressure. No perfection. Just intentional moments for yourself.

Daily Ideas (pick one each day):

- Take 5 slow, deep breaths
- Go on a 10-minute walk
- Put your phone down for 30 minutes
- Write down what's stressing you out
- Listen to a song with no distractions
- Tidy one small space
- Drink a glass of water before coffee
- Say "no" to something you don't have energy for
- Take a long shower or bath
- Read a few pages of a book
- Go to bed 30 minutes earlier
- Do something just because you enjoy it

51-100 Employees

Emotional/Mental Well-Being

1st Place

Central Utah
Health Department

CNUHD Wellness Day

ROOTED IN WELLNESS

8:30AM-9:00AM WELCOME OVERVIEW OF THE DAY ICE BREAKER	11:15AM-12:00PM PAINT YOUR PARTNER
9:00-10:00AM SOUND BATH (ALL STAFF TOGETHER)	12:05-12:35PM BREAKOUT SESSION 2 - GROUP A SOURDOUGH - GROUP B FREEZE DRY CLASS
10:00-10:05AM BREAK	12:40-1:10PM - GROUP A FREEZE DRY CLASS - GROUP B SOURDOUGH
10:05-10:35AM BREAKOUT SESSION 1 GROUP A ESSENTIAL OILS GROUP B COUNSELOR	1:10-2:00PM LUNCH
10:40-11:10AM GROUP A COUNSELOR GROUP B ESSENTIAL OILS	2:00-3:00PM GARDENING WITH MUZ AND POPPIES
11:10-11:15AM BREAK	3:00-4:00PM OUTDOOR ACTIVITIES
	4:00-4:05PM CLOSURE-THANK YOU

Emotional/Mental Well-Being

1st Place

Tooele County



Mindfulness Challenge

Your Daily Prompt

Mark after completing:
Reflection, Journal Entry
and Scale

Day Prompt	Reflection, Journal Entry	Scale
Day 1 What do I value most in life—and am I living in alignment with it?	I Did It!	☐
Day 2 How do I typically react to stress, and is it serving me?	I Did It!	☐
Day 3 What recurring thoughts do I notice during quiet moments?	I Did It!	☐
Day 4 What is one habit I'm proud of? One I want to change?	I Did It!	☐
Day 5 When do I feel most connected to others? Least connected?	I Did It!	☐
Day 6 What emotion have I been avoiding lately? Why?	I Did It!	☐
Day 7 How well am I taking care of my physical body?	I Did It!	☐
Day 8 What drains my energy? What restores it?	I Did It!	☐
Day 9 What do I believe about myself that might be limiting me?	I Did It!	☐
Day 10 Who or what inspires me—and why?	I Did It!	☐
Day 11 How do I talk to myself when I make a mistake?	I Did It!	☐
Day 12 What do I need to forgive myself for?	I Did It!	☐
Day 13 What role does technology play in my mental wellness?	I Did It!	☐
Day 14 What would I do more of if I had no fear?	I Did It!	☐
Day 15 What are three things I'm grateful for today?	I Did It!	☐
Day 16 Where do I feel a sense of purpose?	I Did It!	☐
Day 17 How do I show love to others—and to myself?	I Did It!	☐
Day 18 What are my emotional triggers, and how do I usually respond?	I Did It!	☐
Day 19 What does a "balanced life" look like for me?	I Did It!	☐
Day 20 What is one limiting belief I can challenge today?	I Did It!	☐
Day 21 How do I define success? Has that changed over time?	I Did It!	☐
Day 22 Who do I need to set healthier boundaries with?	I Did It!	☐
Day 23 What does my ideal morning routine look like?	I Did It!	☐
Day 24 What helps me feel grounded and calm during chaos?	I Did It!	☐
Day 25 What patterns do I see in my relationships?	I Did It!	☐
Day 26 What unmet needs are influencing my recent behavior?	I Did It!	☐
Day 27 What motivates me to grow or change?	I Did It!	☐
Day 28 When do I feel most like my true self?	I Did It!	☐
Day 29 What fears are holding me back from what I want?	I Did It!	☐
Day 30 What is one action I can take today to move toward a more intentional life?	I Did It!	☐

501+ Employees

Emotional/Mental Well-Being

1st Place

- MASOB (DHHS & DEQ)
- Weber State University

2nd Place

Utah Department
of Corrections North

Intermountain Therapy Dogs



Tuesday
October 21st
1-2 PM
Room 1019 A-B

PLEASE BE CALM AND RESPECTFUL WHILE ENJOYING THE DOGS.
NO FOOD OR DRINKS ALLOWED AROUND THE ANIMALS.



UTAH DEPARTMENT OF
ENVIRONMENTAL
QUALITY

SPONSORED BY THE MASOB WELLNESS COUNCIL



Utah Department of
Health & Human
Services



RAISE YOUR PAW IF YOU LIKE
PUPPIES!

Employee Wellness will have puppies at
our office on Tuesday, May 6th from 3-4pm

WORLD MENTAL HEALTH DAY EVENT

Lunch
Provided

Fun Swag

October 9th & 10th

12:00 PM-5:30 PM

Stephen Anderson Building

Featuring:

Blomquist Hale

PEHP



Utah Suicide
Prevention
Committee
and Coalition

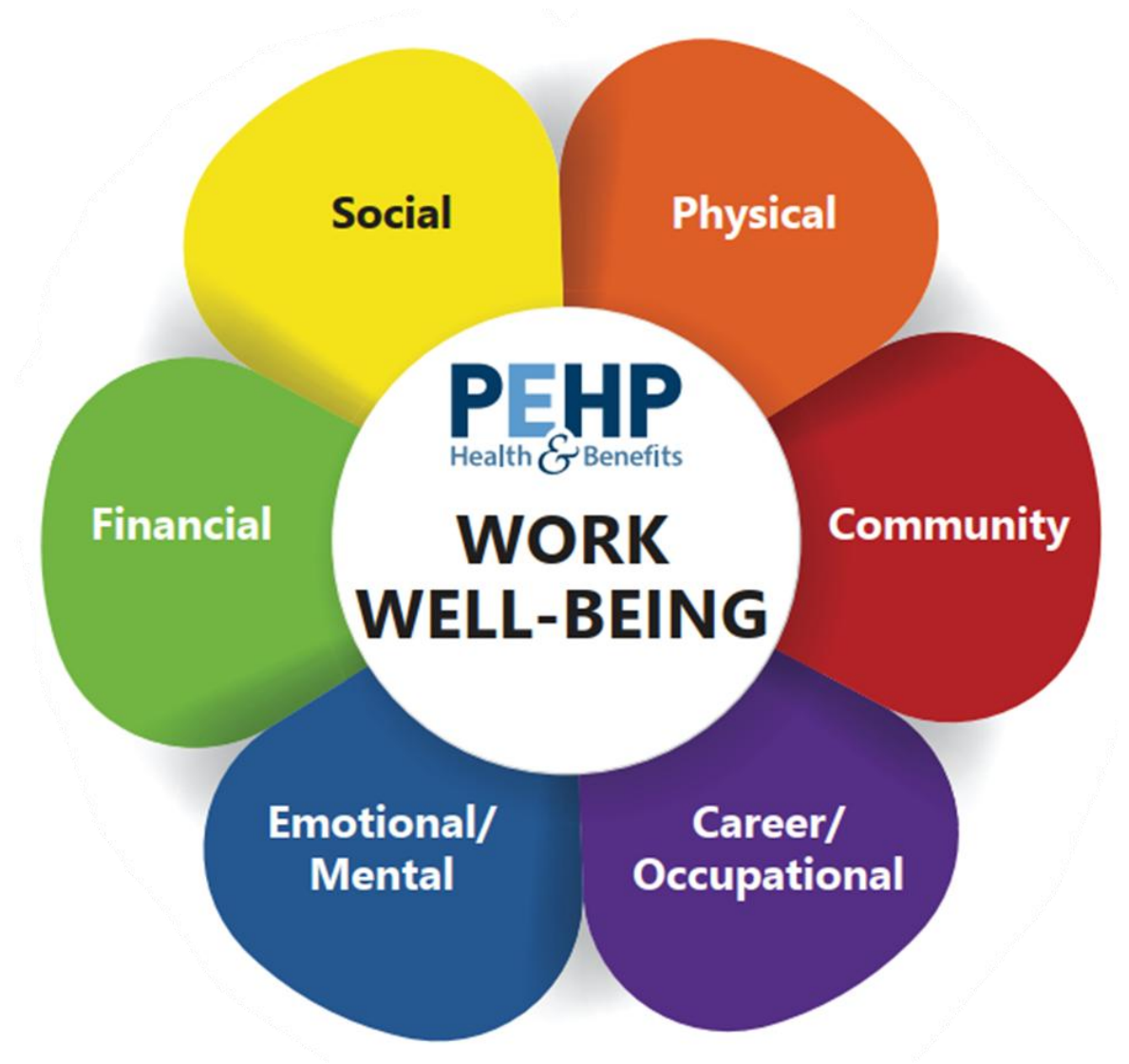


i love
you, bro



Live
on.

Financial Well-Being Awards



1-25 Employees

Financial Well-Being

1st
Place

- Morgan City Corp
- DWS SLC Admin

2nd
Place

Housing Authority
of Utah County

With Guest Speaker:
Amanda Christensen, AFC
Utah State Extension Professor
Empowering Financial Wellness

WORK WELL-BEING CHALLENGE
APRIL 13, 2026
CITY COUNCIL ROOM

Learn about your
Money Personality
& how that affects
managing your
business!

Personal Finance

BUSINESS RESOURCE CENTER
DAVISTECH

Utah State University



FINANCIAL WELLNESS BINGO!
(The goal is BLACKOUT, but BINGO is fine too!)

Complete by December 31, 2025

	B	I	N	G	O
1	Track and total your transactions over any two-day period (past or present). ☒	Sign up for and attend a UHS Retirement Planning session. Date: 07/10/2025 ☒	Prepare a meal using only ingredients you already have at home. What did you make? Nachos ☒	Write down all the subscriptions you've paid for in the past month. ☒	Watch the following six minute YouTube video on the 5 Biggest Financial Mistakes Most People Avoid! ☒
2	Avoid "non-essential" spending for 24 hours. ☒	Calculate or find your net worth (assets - liabilities). ☒	Sign up for and attend a UHS Financial Wellness session. Date: 08/18/2025 ☒	Calculate your essential monthly expenses—the costs you must cover to maintain basic living and safety without risking your health or well-being. ☒	Take advantage of a PERS Wellness rebate at pers.utah.gov/retiree ☒
3	List two side hustles or ways you could earn extra money if needed. ☒	Make a budget that includes your income, fixed costs, and flexible spending. ☒	Free Space (If you really want a challenge, you can Zelle Kevin \$40,000) ☒	Politely ask for a discount over the phone or in person on a bill, service, or membership. ☒	Choose an item you buy often (at least 3 times a month) and track how much you spend on it over one month. ☒
4	Write down what financial security looks like to you five years from now. ☒	Make a grocery list and stick to buying only those items. ☒	Make, update, or verify your beneficiaries on financial accounts, policies, or plans. ☒	Sell an unused item using any method you choose (Facebook Marketplace, reaching out to friends, garage sale, etc.). ☒	List two things you're most likely to impulse buy. Next time you want to purchase either item, wait at least 24 hours. ☒
5	Review your most recent paycheck for accuracy. ☒	Share and pay for a meal with someone—giving is part of financial wellness! Who? Really Good Friend ☒	Calculate how much money you'd need for a three-month emergency fund (multiply your answer in Q2 by 3). ☒	Compare prices on an item before making the purchase. ☒	Review your last 10 transactions and classify each as a "need" or a "want." ☒

FINANCIAL EDUCATION CLASSES

Financial capability is the ability to understand finance. More specifically, it is an individual's ability to make informed judgments about the use and management of their income.

Classes include the following:

- Sustainable Budgeting
- Know and Grow Your Credit
- Get Out of Debt
- Saving For Your Future
- The Good Tenant
- More titles to come...

HOME BUYER EDUCATION CLASS

Our group education sessions teach you about all the aspects of buying a home:

- Understanding the homebuying process
- Managing a budget and money
- Qualifying for a mortgage
- Shopping for a house
- Financing a home
- Avoiding predatory lending
- Applying for a loan
- Closing on a mortgage
- Understanding life as a homeowner
- Avoiding foreclosures

For more information or to register for classes, call 801-691-5288 today.

Register at www.communityactionutah.org

COMMUNITY ACTION SERVICES & FOOD BANK

HOUSING COUNSELING SERVICES

815 South Freedom Boulevard
Provo, UT 84601
Phone: 801-691-5228
Fax: 801-377-8228
www.communityactionutah.org
A HUD-Approved Counseling Agency



26-50 Employees

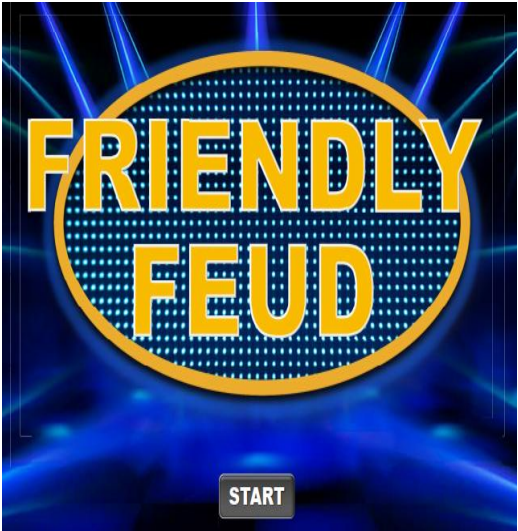
Financial Well-Being

1st
Place

Wasatch Front
Regional Council

2nd
Place

Enoch City



Money Moves				
Sell something you no longer need	Create a budget	Research before making a big purchase	Find an accountability partner or app	Review your social security statement
Pay off 1 bill or credit card	Review your withholdings	Set a savings goal for a down payment or emergency fund	Review your retirement plan	Delay online shopping by putting items in cart and waiting to check out
Shop second hand stores	Make a shopping list and stick to it	Transfer balances to 0% interest and make a plan to pay it off	Buy generic brands when possible	Use a coupon or discount card
Meet with a financial advisor or mentor	Bring lunch from home for 5 days	Put \$20 or more into a savings account	Wait 30 days before buying a non-essential item	Negotiate a lower rate or payment
Make dinner at home for 1 whole week	Create a meal plan	Schedule an automatic transfer into your emergency fund	Review all subscriptions and cancel any you don't need	Take time for self care (you'll make better decisions)
myfreebingocards.com				

51-100 Employees

Financial Well-Being

1st
Place

- ORS Provo EWS
- JJYS – Split Mountain Youth Center
- Tooele Technical College

WEEK ONE: START YOUR FINANCIAL ORGANIZATION!

Starting off slow – this week we're encouraging you to spend time doing the following:

- 1.) Identify your total take-home income.
Do you count on multiple incomes (ie, a spouse's)? Or, maybe "side hustles"?
- 2.) Get a basic idea of your spending habits.
What are your fixed expenses? (Rent/Mortgage, utilities, car payments, etc)
What are your current variable expenses? (Groceries, gas, entertainment, etc)

Look over your recent purchases and track where you are spending the most. Begin to think about areas where you can save more: What expenses can you live without? Where can you spend less?

Guard Against Fraud & Scams Register for the Do Not Call Learn to avoid Scams Online Privacy and Security Protecting your kids Online Get out of Debt	Budget income ratio - create an account How to improve your credit Plan for Fun - Create a list of these activities	Credit Report and Scores Request a free credit report How to improve your credit Understanding your Credit History
Protect your Identity Protect against identity theft Credit Freeze or "Frost Alert" Protect your Child from Identity Theft Protect your Tax Refund	Your Money, Your Goals Paying off Debt Making Big Purchases Adopt a Money Mantra - see "I can make smart financial decisions" Be a copycat - instead of eating out make a meal from a restaurant using a recipe Get multiple quotes - Compare car insurance rates annually	Financial Planning Check out resources available through Utah Retirement Systems (URS) Review your Social Security Statement Protect Your Loved Ones - do you have enough life insurance?
Building Savings Save for Emergencies Add money to your emergency fund Kick Start Holiday Savings - Open a dedicated account and add money weekly or monthly to the account	Personal Finance/Retirement Workshops Attend a URS Seminar Learn about compound interest Investing 101 Retirement Savings	Financial Wellness Learn how to improve your Financial Wellness How much home can I afford? Read a personal financial book, listen to a podcast, or talk to your kids about money

February Financial "Face Off"

Financial Bingo

We are gamifying financial growth!

Starts February 2nd

How to play: Each day you will receive an email with a financial activity. Look for more information in the email. You will need to sign up for a chance at the \$25 Amazon prize!

Lunch & Learn

Level up your wallet.

February 4th @ 11:00 AM
N. Multipurpose Room

Join us for a session with our URS representative. This session is designed for every single employee!

Celebration Potluck

Reward your progress

February 26th @ 11:00 AM
N. Multipurpose Room

We'll provide the main dish! Whether you have a signature dish to share or just your appetite, all employees are invited!

101-250 Employees

Financial Well-Being

1st
Place

3rd District Court Salt Lake

Build a Strong Financial Future

MARCH 2, 2026 - MARCH 27, 2026

Take control of your financial future Financial Wellness Challenge



How to Participate

- **Complete** at least 3 tasks
- **Submit** your Weekly Check-In Google Form by Friday at 5:00 pm each week
- **Weekly Submissions** gives you entry into each week's prize drawing & entry into the Grand Prize drawing at the end of the month/challenge

Weekly Focus Areas

- **Week 1 - Budget Awareness** - Track spending and review where your money goes
- **Week 2 - Smart Saving** - Build or strengthen your savings habits
- **Week 3 - Debt & Credit Health** - Review credit and create a payoff strategy.
- **Week 4 - Future Planning** - Set short-term and long-term goals

Weekly Tips & Resources

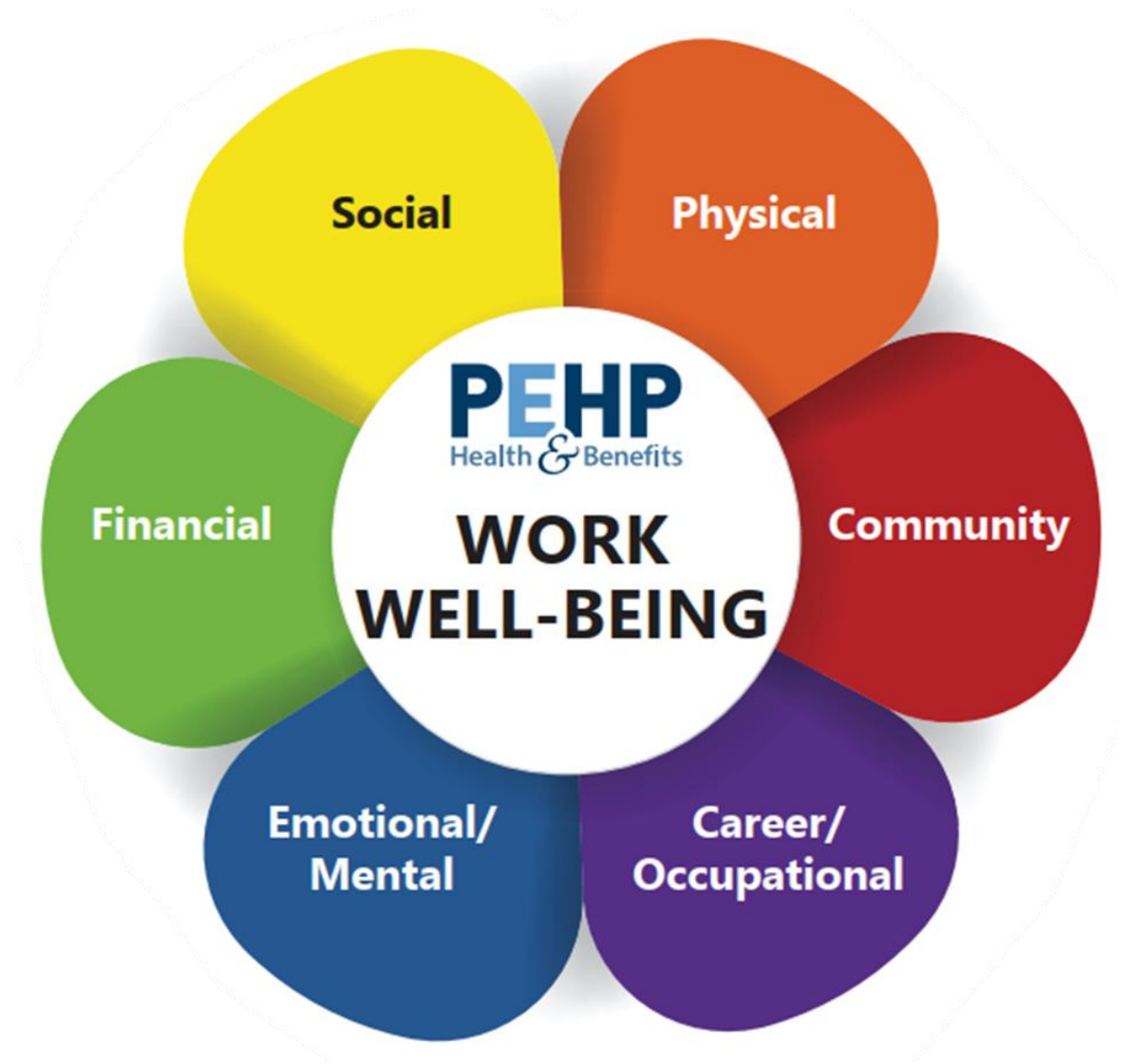
- Helpful financial tips
- Tools & calculators
- Articles & videos
- Financial trivia
- Weekly prize reminders

Prizes

- Weekly Participation Prizes
- Grand Prize Drawing at the end of the challenge



Social Well-Being Awards



1-25 Employees

Social Well-Being

1st Place

DCFS Tooele



26-50 Employees

Social Well-Being

1st Place

TriCounty Health Department



51-100 Employees

Social Well-Being

1st Place

Greater Salt Lake
Municipal Services District

2nd Place

JJYS – Mill Creek Youth Center

Where smiles greet visitors
and badges get made, seek a
room whose fruit wears a cool,
jazzy shade.

Follow the rhythm to ideas in
blues—your next stop is the
berry of Blue hues.

Collect this letter: ****O****

1



2025 MAVERICK

SUMMER OLYMPICS



101-250 Employees

Social Well-Being

1st Place

ORS Taylorsville

2nd Place

DCFS Sandy

3rd Place

DCFS Provo



Speaking of animals who are awesome, Intermountain Therapy Dogs came and visited. This was the best! I was able to hang out with cute Finn for a bit (thanks for taking the pic, Liz Riley!) and Miao was on-hand, too. Edgar was gone by the time I got down there.



And another AWESOME Wellness activity was the Silent Auction! This was a ton



500+ Employees

Social Well-Being

1st Place

Davis County



March Wellness Events

Hoops For Health Challenge

Excellence Awards





THE INNOVATION AWARD GOES TO

DCFS Oquirrh





THE ENGAGEMENT AWARD GOES TO

Wasatch County School District



Record your walking
minutes using this QR
code!

Take Your Break



Putting a Spring in Your Step

Join us for our first wellness challenge from March 30, 2026 to April 26, 2026.
Track your walking minutes during breaks or outside work hours and boost your health and happiness.

THE GREAT STRIDES AWARD GOES TO 5th District Court