

MARCH 2024



FITNESS CLASS



Self-Care



Financial
Wellness



Health &
Wellness News

TO DO

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☐
☐
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NOTES

YOGA CLASS - MARCH 3RD &
17TH 12:30PM - 1PM. ROOM
207

MARCH 18TH - DR. JOHN
BRYANT COMMUNITY CENTER

TAKE A BREAK THURSDAY!
DIY ESSENTIAL OIL ROLLER W/
CRYSTALS
MARCH 13TH
11AM - 12:45PM

POT OF GOLD SCAVENGER
HUNT - MARCH 17 - 21
(MUST BE ON CITY'S HEALTH INS TO
WIN DRAWING)

NEW!

FITNESS CLASSES:

STRENGTH &
FLEXIBILITY - 3/19

ZUMBA - 3/20 & 3/27

ALL EMPLOYEES ARE WELCOMED!

SUNDAY

MONDAY









TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1
2	3 YOGA CLASS! 12:30 - 1PM ROOM 207 	4	5	6	7	8
9	10	11	12	13 TAKE A BREAK THURSDAY! DIY ESSENTIAL OIL ROLLER W/ CRYSTALS 11AM - 12:45AM CITY HALL ROOM 207 	14 NEW! STRENGTH & FLEXIBILITY 12PM - 12:45PM ROOM 207 	15
16	17 YOGA CLASS! 12:30 - 1PM ROOM 207 	18 YOGA CLASS! 12:30 - 1PM DR. JOHN BRYANT COMMUNITY CENTER 	19	20 NEW! ZUMBA 12PM - 12:45PM ROOM 303 	21 LAST DAY TO PARTICIPATE IN THE POT OF GOLD SCAVENGER HUNT 	22
23	24	25	26	27 NEW! ZUMBA 12PM - 12:45PM ROOM 303 	28	29
30	31					



FITNESS CLASS SCHEDULE



MOBILITY MONDAY

MARCH	APRIL	MAY
3/3/25 YOGA 12:30pm – 1pm City Hall Room 207	4/7/25 LOW INTENSITY INTERVAL TRAINING 12pm – 12:45pm City Hall Room 303	5/5/25 LOW INTENSITY INTERVAL TRAINING 12pm – 12:45pm City Hall Room 207
3/17/25 YOGA 12:30pm – 1pm City Hall Room 207 3/18/25 Dr. John Bryant Center		5/19/25 YOGA 12:30pm – 1pm City Hall Room 207

WELL DESERVED WED

MARCH	APRIL	MAY

Classes coming soon!

EACH CLASS IS FREE FOR ALL EMPLOYEES.
NO RSVP REQUIRED!
COME HAVE SOME FUN, AND GET A LITTLE WORKOUT IN!



FITNESS CLASS SCHEDULE



HIGH INTENSITY THURSDAY

MARCH	APRIL	MAY
3/20/25 ZUMBA 12pm – 12:45pm City Hall Room 303	4/3/25 ZUMBA 12pm – 12:45pm City Hall Room 207	5/29/25 ZUMBA 12pm – 12:45pm City Hall Room 207
3/27/25 ZUMBA 12pm – 12:45pm City Hall Room 303		

FINALLY FRIDAY

MARCH	APRIL	MAY
3/14/25 STRENGTH & FLEXIBILITY 12pm – 12:45pm City Hall Room 207	4/11/25 STRENGTH & FLEXIBILITY 12pm – 12:45pm City Hall Room 207	5/16/25 STRENGTH & FLEXIBILITY 12pm – 12:45pm City Hall Room 207
	4/25/25 STRENGTH & FLEXIBILITY 12pm – 12:45pm City Hall Room 207	

EACH CLASS IS FREE FOR ALL EMPLOYEES.
NO RSVP REQUIRED!
COME HAVE SOME FUN, AND GET A LITTLE WORKOUT IN!

☘ St. Patrick's Day ☘

Pot of GOLD Scavenger Hunt

Find at least 8 rainbows around City Hall for a chance to win a lucky gift!
Submit your findings to
benefits@cityofracine.org no later than 3/21/25.
Stop by HR to get your piece of gold!

— March 17th 2025 - March 21st 2025 —



*While supplies last

Must be enrolled on City's health insurance to win drawing



NEW



CITY WELLNESS

Take a Break Thursday!

DIY ESSENTIAL OIL ROLLER WITH CRYSTALS



Essential Oils

Essential oils are concentrated plant extracts. Essential oils can be used in aromatherapy, a kind of medicine that uses smell to improve your health or applied topically to the skin.

Here are the details:

When? March 13th, 2025

Where? City Hall - Room 207

Time? 11am - 12:45pm

All supplies will be provided!

Limit 1 roller per employee

While supplies last

Elevate your self-care

TAKE TIME
FOR
YOURSELF!

do it for you!

x x x x x x
x x x x x x
x x x x x x
x x x x x x

x x x x x x
x x x x x x
x x x x x x
x x x x x x



YOGA

JANUARY 6TH
JANUARY 27TH
FEBRUARY 3RD
FEBRUARY 10TH
MARCH 3RD
MARCH 17TH

LOCATION - CITY HALL ROOM 207
ALL EMPLOYEES ARE WELCOMED!



CITY WELLNESS

QUARTER 1 YOGA SCHEDULE

2025





WELLNESS

YOGA



OPEN TO ALL
CITY
EMPLOYEES



MARCH 18, 2025

12:30 PM - 1 PM

Dr. John Bryant Community Center

601 Caron Butler Dr

Racine, WI

53403



Join us and begin *planning* **AHEAD** *for the end of this life*

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Thursdays, April 10, 17, 24, May 1, 8, 15 and 22

Time - 12:00 to 1:00 PM

Location - City Hall, Room 207

**Note - Session on May 8th will be in Rom 303*

Lunch will be provided - A **BIG** thank you to *Landmark Credit Union* for sponsoring our lunches!

Deadline to RSVP is Friday May 16, 2025

***RSVP [HERE](#) or scan QR code**

Contact us for more information

For questions or to register, please contact

Sarah Hawks, Extension Racine County
262-767-2916
sarah.hawks@wisc.edu



planning **AHEAD**

PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



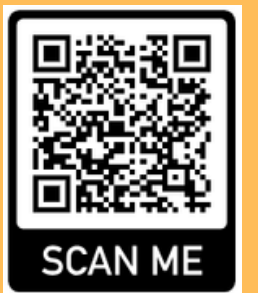
Extension
UNIVERSITY OF WISCONSIN-MADISON

Financial Wellness

We are excited to announce that we are offering some Financial Wellness lunch & learn sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



FEBRUARY

26

12PM - 1PM

Making a Budget. It can be done!

APRIL

9

12PM - 1PM

Bank on it - Banking Principles

APRIL

23

12PM - 1PM

Spending & Saving - Keeping Track

MAY

14

12PM - 1PM

Asset Protection - Insurance

JUNE

11

12PM - 1PM

Retirement Planning

JULY

9

12PM - 1PM

Building Wealth - Estate Planning



Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*

Upcoming Sessions

We are excited to announce that we are offering some Financial Wellness sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



AUGUST

13

12PM - 1PM

Be Prepared for Emergencies

SEPTEMBER

10

12PM - 1PM

Holiday Budgeting

OCTOBER

8

12PM - 1PM

Jeopardy - Recap of sessions. All welcomed!



Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*



Aurora Employee
Assistance Program



2025 Employee Assistance Program (EAP) Lunch and Learn Schedule



Virtual



12:00 PM – 12:30 PM

All sessions are presented by
Aurora EAP

*Registration is not required –
Join session by clicking on
meeting links



Meeting Links

**February 11th – Balancing Work
and Home:** [Link](#)

**May 22nd – From Stress and
Strength:** [Link](#)

**August 12th, 19th, 26th,
September 2nd, 9th, and 16th –
Mindfulness Series:**

[August 12th Link](#)

[August 19th Link](#)

[August 26th Link](#)

[September 2nd Link](#)

[September 9th Link](#)

[September 16th Link](#)

November 13th – Gratitude: [Link](#)



Aurora Employee
Assistance Program



2025 Employee Assistance Program (EAP) Lunch and Learn Schedule

February 11th – Balancing Work and Home

Too many demands, and not enough time? Balancing work and home obligations is a daily challenge. This presentation outlines the basics of work-life balance.

Training objectives include the following:

- Assess personal life balance and identify obstacles to maintaining balance
- Examine the role assertiveness plays in maintaining life balance
- Learn coping strategies for maintaining life balance

May 22nd – From Stress to Strength

For over 50 years, we've been told that stress is bad and must be avoided. What if that's wrong? Turns out, the story of stress is a little more complicated. This training will help you create a plan for turning stress into something useful and good for you.

Objectives for the session include the following:

- Learn how stress can be beneficial and brings meaning to life
- Identify how you already successfully manage stress
- Learn about three distinctly different stress responses
- Learn ways to better manage your stress response

August 12th – September 16th – Mindful Moments

Mindfulness is a simple practice that invites us to focus our attention on the present moment; moving our minds from a state of automatic pilot to being fully present to the moments of our lives, as we live them. Just like physical fitness requires us to take time to strengthen our muscles so that they can be strong when we need them, mindfulness practice helps us to strengthen the mind so that it can be resilient in the face of stress and other life challenges.

This 6-part Lunch and Learn Series will guide participants through the basics of building a personal mindfulness practice. Participants will:

- Learn the foundational principals of a mindfulness practice
- Understand how normal brain functioning impacts our ability to be mindful
- Experience a mindfulness practice each week with guided instruction

November 13th – Gratitude for Life

Adopting an attitude of Gratitude has significant research-based benefits in your personal, emotional, social life, health, and career. In this interactive presentation, we will share takeaway tools for putting gratitude into practice.

Training objectives include the following:

- Define and explore the many advantages of gratitude
- Discuss the correlation of gratitude and happiness
- Identify ways to cultivate gratitude
- Practice gratitude in a real and meaningful way