

STRESS  
AWARENESS  
MONTH

Rutherford County  
Employee Wellness

FINANCIAL  
HEALTH  
AWARENESS  
MONTH

# April Newsletter

[WWW.RUTHERFORDCOUNTYTN.GOV/WELLNESSNEWS](http://WWW.RUTHERFORDCOUNTYTN.GOV/WELLNESSNEWS)

## Upcoming Events

FOLLOW THE LINKS IN THE EMAIL OR SCAN THE QR CODE TO SIGN UP FOR EVENTS



**JOIN THE  
PROPEL GLOBAL CHALLENGE**  
APRIL 7 - 24, 2025

We're competing against other organizations in this fun, virtual physical activity challenge and want to be the first to climb to the top of the world's most iconic buildings!

*Look for registration details coming March 24th!*

### Propel Activity Challenge

Join us as we compete to be the most active group! Accumulate points for over 200+ different types of activity.

April 7th-24<sup>th</sup>. Use code RUTHERFORD0425 to register!



**burn**  
MURFREESBORO boot camp

### Burn Boot Camp Class

Find your new home gym in this 45-minute HIIT style strength and cardio class. Available to all Rutherford County Employees. Open spots the week of class will open to 1 family member 18 and older.

April 12<sup>th</sup> from 11:00-11:45am



**EMPOWER**  
RETIREMENT™

### Financial Seminar with Empower's Ryan Marlin

Learn about the basics of budget and saving for the future and the benefits of a 401K

April 23<sup>rd</sup> from 12:00-1:00PM



Rock Box Fitness Class

### Rock Box Fitness Class

Find your new home gym in this 60-minute class with a mix of Kickboxing and Functional Strength Training. Available to all Rutherford County Employees. Open spots the week of class will open to 1 family member 18 and older

May 10<sup>th</sup> from 11:00-12:00. Please arrive by 10:30!



## **Cigna Resource of the Month**

### **Lifestyle Management Program:**

#### **Stress Management**

Virtual Coaching to help you:

- Identify stress triggers and symptoms
- Improve time management
- Learn effective coping techniques
- Improve eating habits and sleep

*Visit MyCigna and navigate to the wellness tab to get started*

## **Moving into May & Summer Months**

### **May is Mental Health Awareness Month**

Keep an eye out for more information on a 4-week mental health series during the month of May

### **Schedule your Preventive Care Screenings!**

July-September we will be focusing on preventive care. Schedule your preventive care now to be ahead of the game.

## **April Health Fact**

**IN THE PAST YEAR, 74% OF PEOPLE HAVE FELT SO STRESSED THEY HAVE BEEN OVERWHELMED OR UNABLE TO COPE.**

**YOU AREN'T ALONE, VISIT MYCIGNA'S RESOURCES TO GUIDE YOUR JOURNEY TO STRESS RELIEF**

*ONLINE STUDY COMPLETED BY YOUNGOV*

## **Recipe of the Month:**

### **FRUITY OATMEAL YOGURT PARFAITS**

- 2 CUPS FRESH OR FROZEN SLICED HULLED STRAWBERRIES, THAWED AND PATTED DRY IF FROZEN
- 2 CUPS FRESH OR FROZEN BLUEBERRIES OR FRESH OR FROZEN HALVED BLACKBERRIES, OR A COMBINATION, THAWED AND PATTED DRY IF FROZEN
- 1 TEASPOON HONEY
- 2 TEASPOONS GROUND CINNAMON
- 2 CUPS WATER
- 1 CUP UNCOOKED ROLLED OATS
- 2 CUPS FAT-FREE PLAIN GREEK YOGURT

1. IN A MEDIUM BOWL, GENTLY STIR TOGETHER THE STRAWBERRIES, BLUEBERRIES, HONEY, AND CINNAMON.
2. IN A MEDIUM SAUCEPAN, BRING THE WATER AND OATS TO A BOIL OVER MEDIUM-HIGH HEAT. BOIL FOR 5 MINUTES, STIRRING OCCASIONALLY.
3. IN EACH PARFAIT GLASS, LAYER: 1/4 CUP OATMEAL, 1/4 CUP FRUIT MIXTURE, 1/4 CUP YOGURT, AND 1/4 CUP FRUIT MIXTURE. REPEAT THE LAYERS.

*MAKES 4 SERVINGS. RECIPE BY THE AMERICAN HEART ASSOCIATION.*