



Well-Being 360 Monthly Newsletter

Well-Being Week and World Mental Health Day in October

This year's [US Well-Being Week](#) brings our Well-Being 360 strategy to life through five days of experiences, expert-led sessions and practical support designed to help you move, regulate, connect, discover, and reset.

From October 5th to October 9th, engage in a fitness challenge, preventative health checks, restorative chair massages the opportunity to explore your benefits and more

In addition, [World Mental Health Day](#), is observed each year on October 10. This year's theme, "Lived Experiences Heard: Real Voices, Real Change," emphasizes the power of sharing our stories, listening with empathy, and creating environments where everyone feels seen and supported.

MOVE • REGULATE • CONNECT • DISCOVER • RESET

[Click here](#) to register for events listed below.



"Move with Intention" Peloton Challenge

October 1st – October 31st

Physical activity can be a powerful tool for supporting mental well-being, reducing stress, boosting mood, and creating space to reconnect with ourselves. For this challenge, participate in at least **15 workouts** in October. *The challenge will only be available to eligible employees who are enrolled in the Peloton benefit.*

Challenge finishers will be entered into a raffle prize drawing. Two winners will randomly be selected.

[Click here](#) to get started.



Chair Massages

Monday, October 5th

Chair massages offer a calming pause designed to ease tension, restore balance, and support overall well-being. Through gentle, restorative touch, participants are invited to slow down, release physical stress, and reconnect with a sense of ease.

[Click here](#) to find your local listing.



Onsite Flu Vaccinations

Tuesday, October 6th

Flu vaccines will be administered through One Medical and CVS Pharmacy depending on location. Please bring your insurance card to your appointment.

****Kaiser members should be mindful that flu vaccines must be administered through a Kaiser facility. Flu Vaccines obtained through One Medical or CVS are not eligible for reimbursement by Kaiser.**

To learn more about the flu vaccine for the 2026-2027 flu season, [click here](#) to visit the CDC site

[Click here](#) to find your local listing.



Biometric Screenings

Tuesday, October 6th

Check in on your physical health and discuss results with the provider. Testing: Total Cholesterol, Blood Pressure, Glucose, Height / Weight / BMI

Walk-ins allowed based off availability.

[Click here](#) to find your local listing.



Virtual Keynote Webinar - The Art of Showing Up: Being a Supportive Colleague

Wednesday, October 7th

12:00pm ET | 9:00am PT

In observation of World Mental Health Day, guest speaker, Kara Hardin, J.D., R.P., M.A., joins Goodwin for a discussion on how to support colleagues in meaningful ways, even when knowing what to say—or when to step in—feels difficult, especially in high-performance environments where excellence is the baseline.

-
- Normalize challenges: Discover how common changes in functioning are, and destigmatize those associated with emotional, social, and psychological well-being.
 - Know what to say or do: Learn how to connect and show up helpfully in times of concern, challenge, and through the ebbs and flows of being human

This session will be recorded.

[Click here](#) to register.



Well-Being Through Service: Write to the GlamourGals

Wednesday, October 7th

3:00pm – 4:00pm local time

Grab an afternoon snack and write for the [GlamourGals](#) foundation, an organization dedicated to empowering connections across generations, to bring joy and connection to older adults through handwritten letters.

[Click here](#) to find your local conference room.



“Find Your Zen” Garden Workshop

Thursday, October 8th

During this guided planting experience, participants build their own desktop garden while exploring simple ways to incorporate nature into the workday. A living desktop garden serves as a daily reminder to pause, recharge, and care for what matters most.

Please register for your onsite event by location. Limited spots available. There may be extra kits available day of, please feel free to stop by.

[Click here](#) to find your local listing.



Discover Benefits You May Not Know About

Friday, October 9th

12:00pm ET | 9:00am PT

Ever find yourself saying, “I didn’t know that benefit was available to me?”

Join us for a quick 30-minute overview of the resources and programs available to support your well-being, career, and everyday life. You may discover a benefit you didn't know you had!

Attendees will receive a Friday Coffee Break voucher valued up to \$10 to use after the session. *Must use by 10/8/2026.*

Have a question? [Click here](#) to submit in advance to tailor any applicable topics.

[Click here](#) to register.

If you have any questions, please contact [Well-Being 360](#).