

October Upcoming Events

Tenure

Alex, NYCPS



Starts October 1

From Your Kitchen to Mine – Recipe Swap

Have a recipe that holds importance to you, submit it to our recipe swap campaign and share it with others!

From Your Kitchen to Mine celebrates the diverse cultures, traditions, and personal connections that food brings to our lives. We will put together your recipes in a cookbook launching in March!

Use our [Recipe Template](#) to write it up, then share it in our [Submission Form](#).



October 7 @ 1 PM

In the Kitchen – Stories Through Food

Many of the dishes we make have personal, cultural, historical, or religious traditions passed down through generations. Join WorkWell NYC, in collaboration with Beautifully Fed, as we make a dish celebrating beans: a staple ingredient featured in Latin American cuisines and many cultures around the world!

Register at on.nyc.gov/upcomingevents



nyc.gov/workwellnyc



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Gratitude

WorkWell NYC challenges you to develop a gratitude mindset! Practicing gratitude can improve mental health, interpersonal relationships, and overall life satisfaction.

Dive into the spirit of Thanksgiving this November with our gratitude events:

An Attitude of Gratitude – Virtual Workshop | November 13 at 12 PM

Explore the benefits of gratitude in this interactive workshop! Learn about the science behind gratitude, find creative ways to practice giving thanks, and experience a guided gratitude visualization.

The Magic of Gratitude – Daily Email campaign | November 16 – 20

Join our 5-day gratitude campaign! You'll receive a daily message with an activity and inspiration for practicing gratitude, along with access to our exclusive Virtual Gratitude Wall to share your thoughts and reflections. Visit on.nyc.gov/magicofgratitude to register!

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Book Your Appointment Now!

Worksite Flu Clinics

The flu can cause mild to serious illnesses, and even healthy people can become very ill from the flu. Getting your flu shot is the easiest way to protect yourself and others from getting the flu this season!

Find a worksite clinic near you and make an appointment at on.nyc.gov/fluclinic to get your flu shot for free, quickly, and conveniently. If you have additional questions, please email workwell@olr.nyc.gov.



Happening Now!

WorkWell NYC Pulse Survey

Tell us your thoughts! Take Citywide survey and tell us what you want wellness to look like at your agency. Even if you've never joined a WorkWell NYC program, we want to hear from you. Complete the survey for a chance to win a WorkWell NYC prize pack!

Fill out the survey by September 23rd for a chance to attend our 10th anniversary celebration!

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