

Employee Wellness Connection



Fall 2025

The **2026 Benefits Open Enrollment** will be available from **Monday, October 13 through Friday, October 31**. During this time, Full-time employees can log into [People First](#) to enroll or modify their current benefit selections. The State of Florida Department of Management Services will host a State Group Insurance Program **Benefits Fair on Wednesday, October 15, 2025, from 10 a.m. to 2 p.m. at the Downtown Campus in the Advanced Technology Center, T140**. Full-time employees are encouraged to attend and speak directly to insurance providers who offer plans as part of the State Group Insurance Program.

Be sure to visit the [Employee Wellness page](#) each month to discover all of the exciting activities happening at a campus or center near you!



PHYSICAL

Walktoberfest 2025

Employees are encouraged to grab a friend and get moving on the [FSCJ Get Fit Trail](#) with the Wellness Committee and the FSCJ Athletics Department during Walktoberfest 2025. Our Athletics partners will lead walks at each campus and center's [FSCJ Get Fit Trail](#) from **October 13 to 16 at 11:30 a.m.** Refreshments will be given away at all locations.

Schedule a FREE
Bexa Breast Exam

Body Mass Index
(BMI) Calculator

Monday, October 13
South Campus

Tuesday, October 14
Kent Campus
Nassau Center

Wednesday, October 15
North Campus
Deerwood Center

Thursday, October 16
Downtown Campus
Cecil Center



SPIRITUAL

60 Moments of Tranquility

Join Professor Sarah Stuart, a certified BodyBalance instructor and Moments of Tranquility meditation teacher, for a 60-minute interactive wellness session! In honor of FSCJ's 60th anniversary, employees and students can experience a FREE 60-minute session. [Click here](#) for more details. Sessions are available in the Art Gallery, A1202, from 2 p.m. to 3 p.m. each Monday through November 17 (excluding October 27).

Live the Life
Workshops

How to Maximize
Your Health
Advocate
Services



FINANCIAL

October is National Retirement Security Month

National Retirement Security Month (NRSM) is an excellent opportunity to evaluate your current retirement plans and take meaningful steps toward achieving long-term goals. Visit the [NRSM Retirement Resources](#) site for valuable information. Financial advising questions can be directed to the following provider advisors:

Corebridge Financial

Krista Hill | 404-695-7094 | Krista.hill@corebridgefinancial.com

TIAA | www.tiaa.org/schedulenow

Transition to
Medicare
Workshop

Corebridge
Financial
Webinars



EMOTIONAL/
SOCIAL HEALTH

Volunteer with The Salvation Army

When: Now through December 24

Where: Northeast FL Locations

Time: Monday - Saturday 10 a.m. to 7 p.m.

This holiday season, employees can [Register to Ring](#) and volunteer on behalf of The Salvation Army's Red Kettle Campaign. [Click here](#) to view sign up instructions.

Deerwood Center
Crochet Club

Deck the Chairs
Volunteer



NUTRITIONAL

H.O.P.E. Cookbook

[Click here](#) to discover quick and easy recipes that will transform your weekly meal ideas.

Packing Healthy
Lunches

Seasonal
Superfoods



Events at a Glance:

- **October 13-16:** Walktoberfest 2025
- **October 13-31:** 2026 Benefits Open Enrollment (Full-time employees)
- **October 14:** Deerwood Center Crochet Club
- **October 15:** 2026 Open Enrollment Benefits Fair (Full-time employees)
- **Through November 17:** 60 Moments of Tranquility
- **November 19:** Transition to Medicare Workshop
- **Through December 24 :** Salvation Army & Deck the Chairs Volunteers

"It is not how much we have, but how much we enjoy, that makes happiness."
- Charles Spurgeon