

September 2025

Palm Beach County Employee Well-Being Program

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day Community Costume Exchange Areage Branch Library	2	3	4 Virtual Lunch & Learn Understanding Cold & Flu 12PM - 1PM UHC Well-Read Book Club Airport Center 1st Floor 12PM - 1PM	5	6 Morikami Family Fun Day: Sports Day Hachimaki 12PM - 3PM
7	8 Sinking Car Presentation Vista Center Room 47/50 12PM - 1PM Register Here!	9 Rent Wise Understanding Your Finances 12PM - 1PM Register Here!	10 Virtual Lunch & Learn Bite Sized Benefits Medical & Dental 12PM - 12:30 PM	11 Virtual Lunch & Learn Immune System 12PM - 1PM Optum	12 Art After Dark Norton Museum	13 Jigsaw Puzzle Exchange Wellington Branch Library 10:30AM - 12PM Paint Autumn Leaf Clarence E. Anthony Library 10:30AM - 12PM
14	15	16 Rent Wise Credit for Renters 12PM - 1PM Register Here!	17 Gilmore Girls Bingo! Greenacres Branch Library 4PM - 5PM Virtual Lunch & Learn Bite Sized Benefits Life & Disability Programs 12PM - 12:30 PM	18 Virtual Lunch & Learn Healthier Weight 12PM - 1PM UHC Well-Read Book Club Airport Center 1st Floor 12PM - 1PM	19	20 Summer Plant Sale & Family Fun Weekend Mounts Botanical Garden 8AM - 4PM Falls Prevention Awareness Jupiter Branch Library 10AM - 11:30AM
21 SFBH: Tiny Art Lantana Branch Library 11AM - 11:45AM Self-Care Sunday Acreage Branch Library 2PM - 3:30PM	22	23 Vaccine Clinic Governmental Center 8AM-11AM	24 Well-Read Book Club Vista Center 12PM - 1PM Virtual Lunch & Learn Bite Sized Benefits Flexible Spending & Voluntary Benefits 12PM - 12:30 PM Grief & Loss Support Group Call EAP to register: 561-233-5462	25 Caregivers Support Group Call EAP to register: 561-233-5462 Vaccine Clinic Airport Center 8AM-11AM Knotty by Nature: A Sit & Stitch Situation Greenacres Branch Library 5PM - 7:30PM	26	27 Butterfly Gardening Daggerwing Nature Center 10:30AM
28 Rainbow Makers: Paint a Suncatcher Okeechobee BLVD Branch Library 2PM - 3:30PM	29 Virtual Lunch & Learn Tips for Healthier Lifestyle 12PM - 1PM Optum	30 Rent Wise Navigating the Rental Process 12PM - 1PM Register Here! Vaccine Clinic Vista Center 8AM-11AM	How to Use This Calendar All employees are welcome to attend the listed events! Simply click on an event box for registration links, session details, or additional info.			

September Well-Being Highlights

This month, the Palm Beach County Employee Well-Being Program is focusing on Immune Health and Obesity Awareness, offering resources and activities to help you strengthen your body and take charge of your overall wellness. In addition, we are excited to present a three-part financial series, "Take Control of Your Money – Rent Wise," to provide practical tools for building financial stability. Employees will also have the unique opportunity to attend an in-person safety presentation on how to escape a sinking vehicle—a must-learn skill for living in South Florida.

Things to Do

Holiday

Book Club Sessions

EAP

Lunch & Learn

In-Person Seminar

Vaccine Clinic