

**Come Join Us!**

# **Tolland Employees: You're Invited to the "Kick-Off to Wellness" 2023-2024 Event!**

Join us at this Be Well kick-off event to learn all about the upcoming year of wellness that's ahead for you. This is a time set aside for you to:

- Learn about the Be Well Rewards Program (a program that allows you to save money on your health insurance premium and rewards you for striving towards good health)
- **Enroll/re-enroll in Be Well Rewards**
- Give feedback on what YOU would like to see on the wellness calendar of programs and events

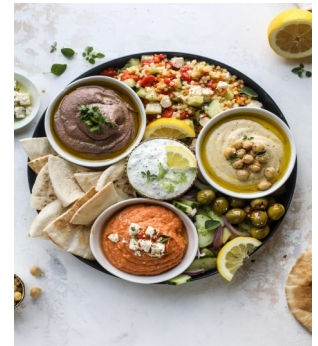


Image and recipe from :  
[How Sweet Eats](#)

*Plus join us for a demonstration on making a hummus platter!*

**Join us on Wednesday July 13th at 10AM or  
11AM**

**in the Council Chambers.**

**Sign up at:**

**Be Well Kick-off**

Refreshments will be provided

Any questions contact us at [Be\\_well@ehhd.org](mailto:Be_well@ehhd.org)

