



Oh, What A Year!

Thanks to your support, engagement, feedback, and overall participation, 2023 was a very successful year for Level Up! We appreciate the unique role of being a part of your wellness journey.

Look at Everything We Did Together

- **Coffee & Chats**
- **Program Launches**
 - BurnAlong Virtual Wellness Day
 - Financial Wellness Week
 - Wellness Recess Series
- **Online Wellness Challenges**
 - BurnAlong Total Well-Being Journey
 - Spring Into Motion
 - Right On The Money
- **Awareness Campaigns**
 - Heart Health
 - National Nutrition
 - Mental Health Awareness
 - Summer of Wellness
 - Self-Care September
 - Breast Cancer Awareness
 - Diabetes Awareness
- **Newsletters**
 - *Wellness Wednesday* – highlighting the employee wellness program (weekly)
 - *For You...Friday* – highlighting the employee assistance program (biweekly)
- **Special Events**
 - Lessons Learned with Holly Robinson Peete
 - Family Movie Events at AMC Magic Johnson Capital Center
- **Honorable Mentions**
 - [Burnalong](#) Impact: 46,080 total minutes in classes
 - [Omada Health](#) Impact: 2,026 pounds lost

Thank You

A special thank you to the Wellness Champions! We appreciate all of your hard work and commitment to wellness within your agencies. Together, we will continue to work toward building a healthy workforce.

We look forward to your commitment and participation next year. We are excited for you to Level Up in 2024!

Give the Gift of Bernalong

Looking for that perfect holiday gift for your friend or family member? When you sign up for Bernalong, you can give away **4 FREE subaccounts** to friends and family. And this is the gift that keeps on giving throughout the year—Bernalong provides online fitness classes and challenge, nutrition webinars, mindfulness and mediation webinars, financial wellness webinars, and much more!

How to Add a Sub-Account for Friends and Family

1. [Watch this Video on Bernalong](#)
2. [Log into Bernalong](#)
3. Click 'Sub-accounts' from the dropdown menu on the top right
4. Click 'Add sub-account' and type in the name and email of the person you want to invite

Don't have Bernalong yet? [Give yourself the gift of health and wellness.](#)

Already have Bernalong? Check out these staff picks: [12 Programs for the Holiday Season.](#)

Be well and continue to elevate your total well-being.
Have a Healthy & Safe Holiday Season!

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