Welcome to the September issue of the Well Aware electronic newsletter. Here are some highlights:

- Wellness Champions: Encouragement to Each Other
- Other Helps Them
- Well Aware’s New Physical Activity Challenge
- Online Health Assessment
- Tobacco Cessation Program: Quitting as a Team
- Worksite Wellness: Your Race, Your Pace
- Diabetes Management: When and How
- Webinar Library: Stress Less This Fall
- Wellness Survey: Share Your Ideas and Interests With Us

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**Wellness Champions: Encouragement to Each Other**

Wellness Initiatives Deadline is Approaching: Act Now to Provide You with the Wellness Program You Most Need and Want.

The goal of RUN@WORK Day is to encourage adults to get 30 minutes of exercise each day, in the workplace with your coworkers. To learn more, read the eNews! on September 18, 2015. Well Aware encourages you to plan fun runs and walks around your community. Join Well Aware and Cigna to create healthy behaviors. That is precisely what Jose, Big Results, was all about taking small steps in your life.

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**Online Health Assessment**

To register, visit our website. To view this e-newsletter, please register.

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**Wellness Survey: Share Your Ideas and Interests With Us**

We have high expectations of each other, and we commit to one another, as we travel the road of health.

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The Wellness Champions encourage us to participate in their initiatives to improve our health. Please join them and make a commitment to your own health.

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**Stress Less This Fall**

Stress is a common and normal part of our daily lives. It is how we respond to stress that can affect our health.

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**Diabetes Corner**

People with diabetes and their families face increased risks when it comes to managing diabetes. Getting in touch with your doctor and following the diabetes management plan can help keep you healthy and save you money.

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**Don’t Miss It**

Register to receive the monthly information and booklets, or to register to receive the monthly information and booklets.

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