November #WalkThankful Challenge

November is a great time to get outdoors and be physically active as the leaves are changing and the weather is getting crisper. It is also a great time to incorporate gratitude and thankfulness into our everyday lives as the Thanksgiving Holiday approaches. Join us for the November #WalkThankful Challenge starting November 1st.

**The challenge is simple:**
- Walk as much as you can in November.
- Every time you take a walk, take a picture of the scenery, your stroller, the pavement, fall leaves, anything that catches your interest.
- Post the picture on Facebook, Instagram, and/or Twitter. (Or post them on our GetActive La Crosse Facebook Page.) Include what you are thankful for in the post.
- Use the hashtags #walkthankful #laxwellness so we can find your posts.

**Plus, we’re giving out prizes!**

The wellness team will be clicking those hashtags to find the posts each day (posts need to be made “public” or posted to the GetActive Facebook page to be eligible), and we will be judging each image to win prizes in the following categories:

- **Most Dedicated** (Braving the elements? Walking through a storm?)
- **Most Difficult** (Steep terrain? Kids in tow?)
- **Most Beautiful** (Gorgeous fall colors? Sunset?)

Don’t use social media or hashtags? Email Abbie with a few pictures by November 30th to be entered!
Employee Assistance Program

The Employee Assistance Program is offered free of cost to you as a La Crosse County Employee. The program is designed to provide you with the skills needed to cope with problems or situations before they develop into more serious concerns. EAP is available 24 hours a day, seven days a week to all employees and their immediate family members.

Up to five sessions with EAP are covered at no cost to you. These sessions provide professional and confidential assistance to help resolve concerns that may affect your personal life or work performance, including:

- Alcohol and drug abuse
- Depression & Anxiety
- Financial concerns
- Marital and family problems
- Work-related issues

If these issues cannot be resolved during the initial sessions, an EAP consultant can connect employees with appropriate resources to provide ongoing assistance. All counselors are pledged to complete confidentiality. Our organization only collects the number of La Crosse County employees that utilize the service. Your name and information will always remain confidential.

To make an appointment with an EAP counselor call: 608-775-4780.

Tobacco Cessation and Alcohol and other Drug Misuse

The Truth About Holiday Spirits

We all want to celebrate during the holidays, and more people are likely to drink beyond their limits during this season than at other times of the year. Some will suffer adverse consequences that range from falls to fights to traffic crashes. Sadly, we often put ourselves and others at risk because we don’t understand how alcohol affects us during an evening of celebratory drinking. For information on celebrating during the holidays safely and tips for cutting back, visit: http://www.RethinkingDrinking.niaaa.nih.gov.