

WELLNESS NEWSLETTER



TIRE RACK *WELLNESS WORKS*

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!



Sam's Segment



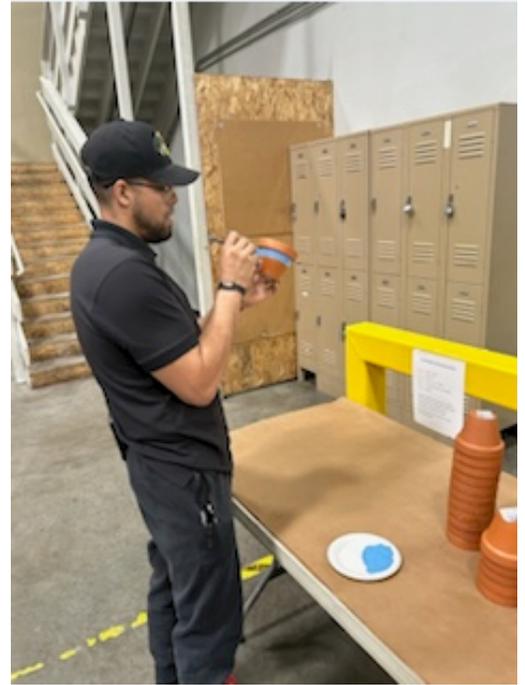
This month's newsletter is dedicated to Mental Health Awareness Month - something near and dear to our hearts on the Wellness Works Team.

It is okay to not be okay, and it's okay to ask for help. See page 8 for information on Support Linc!



Last Month's Happenings

EARTH DAY



TEAM NV

Team Nevada hosted a month long interactive wellness event revolving around plants! First, employees had an opportunity to paint their own mini-pot. Next, they filled them with soil and their seed of choice. Throughout the month, they took care of their seedlings and were able to take home their very own seed starter at the end of the month. Great job, NV!



TEAM DE

Team Delaware spent the last month planting and cultivating seed starters for their employees to take home in honor of Earth Day! From tomatoes to peppers, watermelon and more - there was a ton of variety and green thumb efforts to go around!

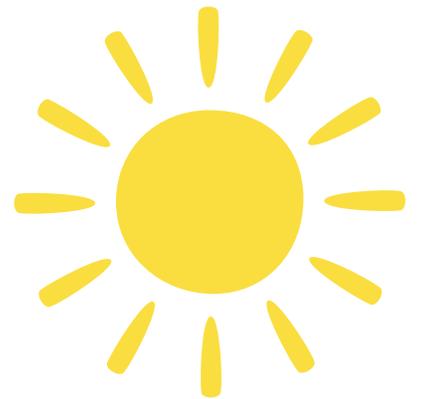




TEAM CT

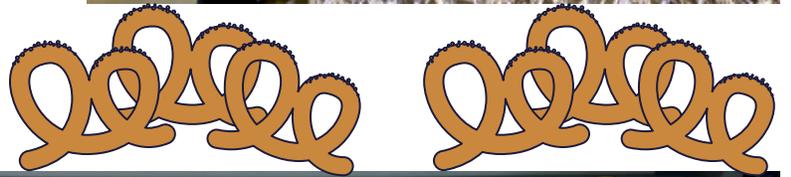
Team CT hosted their annual Employee Appreciation Event with Mister Softee - a local ice-cream truck - who doesn't love a milkshake or two?

CHECK OUT OUR CT EMPLOYEE APPRECIATION EVENT



TEAM GA

In April, Team Midway painted bird houses together for the trees and birds on site - great job, GA!





TIRE RACK
WELLNESS WORKS

JOIN US

**CLEANEST
DC 4TH ANNUAL
CHALLENGE**

UPLOAD YOUR
PHOTOS BY E.O.D.
4/26 BY SCANNING
THIS QR CODE!



APRIL'S VOLUNTEER INITIATIVE

Go the Extra Mile. it's Never Crowded



**2024 CLEANEST
DC WINNER**



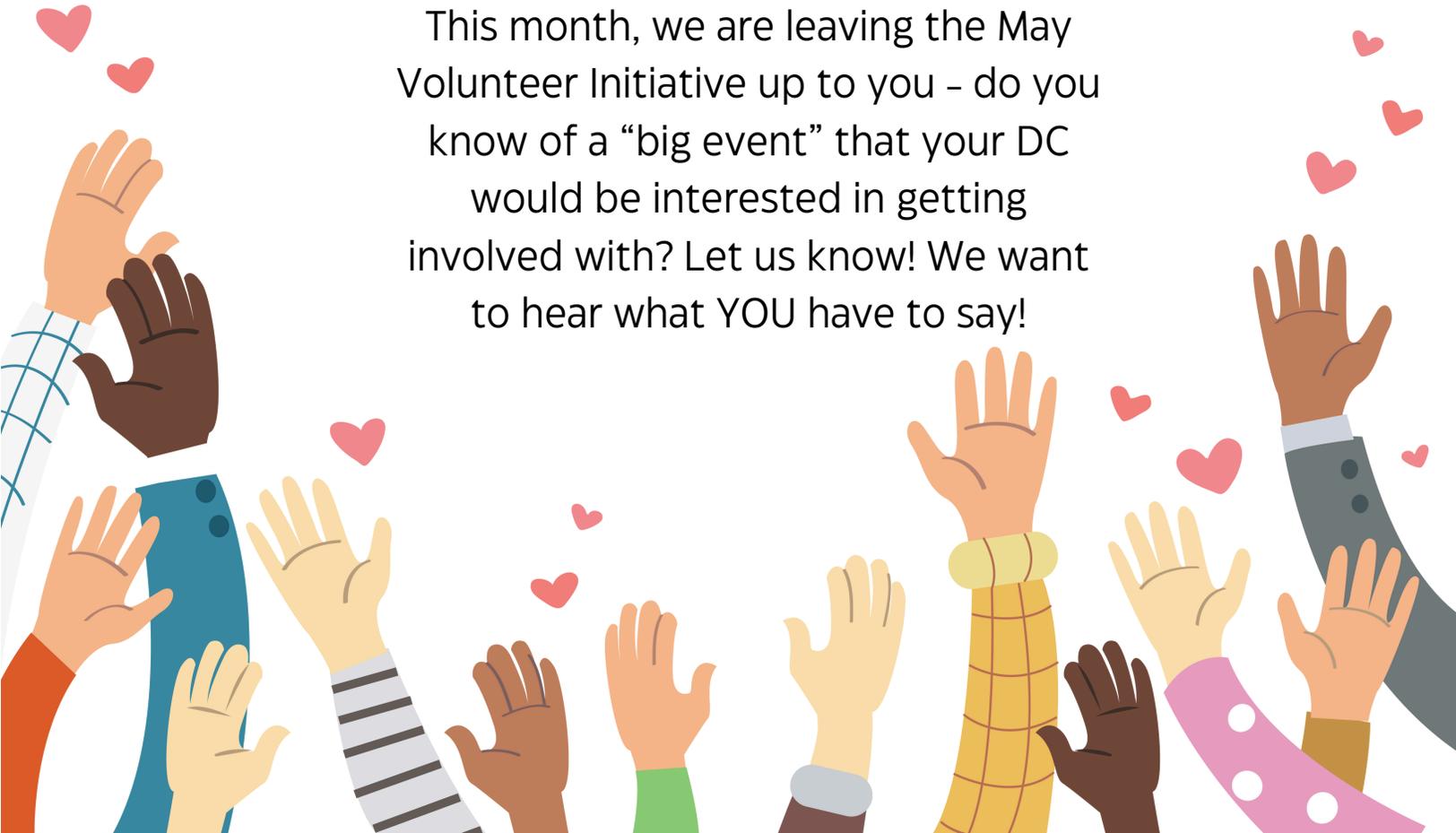
MAY'S VOLUNTEER INITIATIVE

“At the end of the day, it's not about what you have or even what you've accomplished.

It's about who you've lifted up, who you've made better: it's about what you've given back”



This month, we are leaving the May Volunteer Initiative up to you - do you know of a “big event” that your DC would be interested in getting involved with? Let us know! We want to hear what YOU have to say!





MEMORIAL DAY

A N A R E T E V S T R I B U T E
 A M E R I C N O I T A R O C E D
 A C E L A I R O M E M L E B R A
 T B R A V E R Y E S M E M D O E
 R P H E R O I A L D A W Y L W C
 C E I P C A Y E T S R O I E B A
 E U T H E E C T G O T R H I H E
 M O S E S I L N W L H S O F O P
 E Y H H V D I E E A R H S E L V
 T E R R E R N G B E G I G L I I
 E V E A E R E E N R E P A T D N
 R S T H T N I N I H A D L T A E
 Y I T R D I A T L R U T F A Y I
 V A E A S B L I A T F N I B O U
 G R R N A T I I Y G O N S O W A
 R Y S K R J N M M T E Z T X N V

- | | | |
|-------------|------------|----------|
| Banner | Flags | Memorial |
| Battlefield | Friendship | Military |
| Bravery | Gatherings | Peace |
| Celebration | Heritage | Service |
| Cemetery | Hero | Tribute |
| Decoration | Holiday | Veteran |
| Duty | Legendary | Worship |



Crispy Dill
Pickle
Chicken
Wings



CINCO
DE
MAYO

Happy
Mother's
Day



Welcome to Your Discount Tire Discount Program

Let's Start Saving

Exclusive deals on your favorite brands are waiting inside your discount portal. Sign in to start saving!

Email Address

Password

Sign In

[Forgot password?](#)

OR:

Sign in with an Email Link

[Create Your Account](#)

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Be the reason® their eyes light up! From bright bouquets to budding plants, it's always the perfect time of year to express yourself with our truly original Spring flowers and gifts.

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25% Off Flower Delivery



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Unlike other online flowers, every Teleflora flower arrangement is designed and hand-delivered by a professional florist whose flower shop is in the same neighborhood as the recipient of your thoughtful gift. So your flower delivery arrives fresh and beautiful. It's the only way to send flowers, plants, and gift baskets.

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50% off Sitewide for Mother's Day.

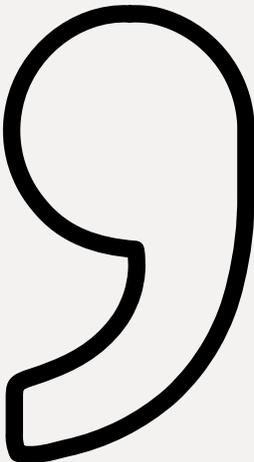
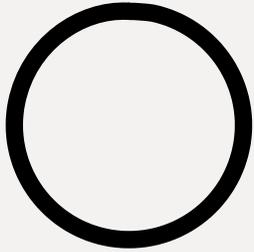
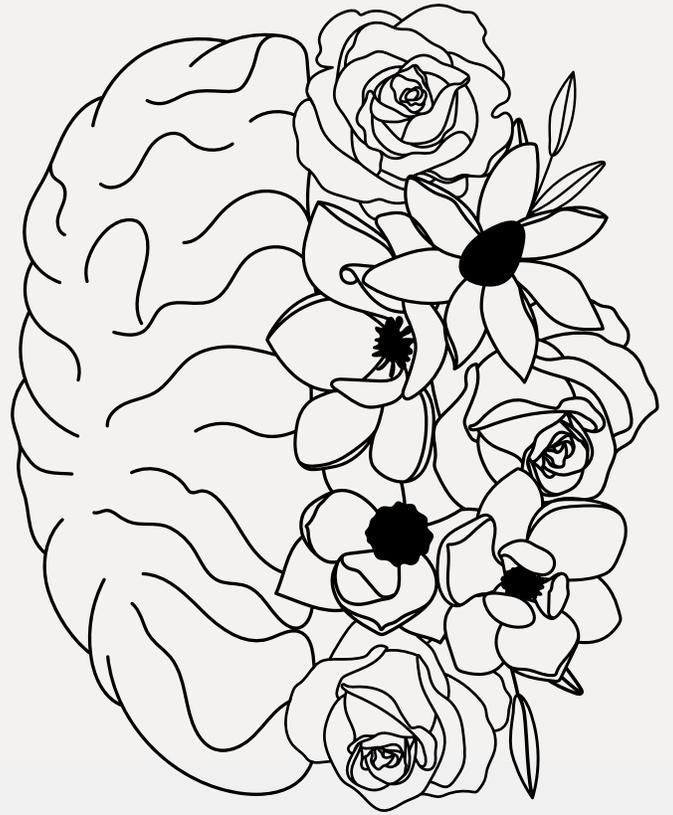


[Send Flowers](#)

Send flowers, gift baskets, balloons and teddy bear delivery at Send Flowers. Send flowers today paired with chocolate gifts, teddy bears or a gift basket!

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MENTAL
health
MATTERS



#breakthestigma



MENTAL HEALTH AWARENESS MONTH



Download the
mobile app today!



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supportlinc.com
group code: **tirerack**

COMEDY CORNER

Why do dads take an extra pair of socks
when they're golfing?

In case they get a hole-in-one!

Why do melons have weddings?

Because they cantaloupe!

Every time I take my dog to the park,
the ducks try to bite him. That's what I
get for buying a pure bread dog,

What do you call a cold puppy?

A chili dog!

Did you hear the sausage joke?

It's the wurst.

Why can't your hand be 12 inches long?

Because then it would be a foot.

I don't know much about the best
things in Switzerland,
but their flag is a big plus.

If the early bird catches the worm,
I'll sleep in until there are pancakes.

Why did the stadium get hot after the
game? All of the fans left.

Why are skeletons so calm? Because
nothing gets under their skin.

Why did the nurse need a red pen? In
case she needed to draw blood.



\$0
cost to you

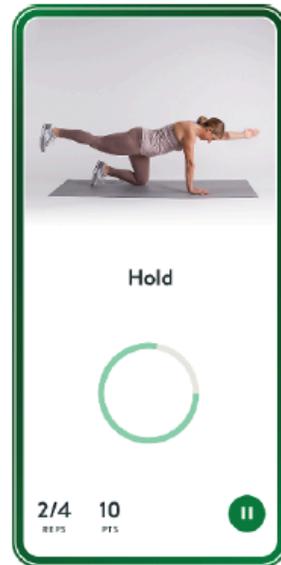


Personalized pain care that gets you moving

Relieve joint and muscle pain with personalized exercise therapy at no cost to you. On average, participants reduce their pain by 68%.¹

- Virtual sessions anytime, anywhere
- Unlimited 1-on-1 health coaching
- Motion-tracking technology for instant form correction

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Questions? Call (855) 902-2777

Discount Tire medical plan through UHC or BCBS (Discount Tire employees in the state of Michigan and all Tire Rack employees).

¹After 12 weeks, in a study of chronic knee and back program participants. Bailey JF, et al. Digital Care for Chronic Musculoskeletal Pain: 10,000 Participant Longitudinal Cohort Study. J Med Internet Res 2020;22(5):e18250.



April Buck, RN provides Nurse Navigation for complex medical issues!

April Buck, R.N., BSN, CCRN
april.buck@discounttire.com
(574) 287-2345 ext 4851

NEW ARRIVAL





EMPLOYEE SHOUTOUT

In this month's employee shoutout, we would like to recognize Sergio Castro from our South Bend, IN Warehouse. Sergio has been a dedicated team member for over 23 years and always comes in with a smile on his face. Sergio was born in Venezuela and immigrated to the United States in the early 1980's with his wife Martha. As a resolute family man to Martha and their two children, Sergio takes much pride in his five beautiful grandchildren. He also enjoys giving advice, such as: "always cherish your family" and "appreciate your job." Sergio is truly a person that would go out of his way to help a person in need. He is always willing to lend a helping hand, no matter the situation. Driven by his strong belief and dedication to his church, Sergio has helped mentor many fellow team members on the importance of putting family, faith, and friends first. Thank you, Sergio, for your constant positivity and your dedication.

Sergio Castro



WINDSOR, CT



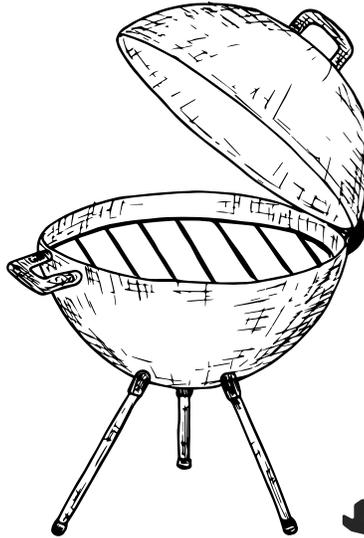
Team CT is putting together “Birthday Boxes” to be donated to their local Windsor C.A.R.E.S. as part of their new birthday initiative for their homebound food delivery program - each box contains cake mix, frosting, a disposable pan, candles, a card, banner, balloons, and a can of soda (to be used in lieu of eggs and oil when baking!)



WHAT'S HAPPENING IN MAY?

NEW CASTLE, DE

Team DE is putting on a Scavenger Hunt where employees will have a chance to solve sayings and riddles in order to win prizes and more!



Team SE is hosting a TR Family BBQ at a local park!

SEATTLE, WA



NOTE FROM THE AUTHOR

Do you have a co-worker or employee who you **wish to be mentioned** in a future **Employee Shoutout** section? Or **something you wish to see in the newsletter?** Please email the information to **EWP@tirerack.com**



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