



WELLNESS NEWSLETTER



TIRE RACK *WELLNESS WORKS*

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

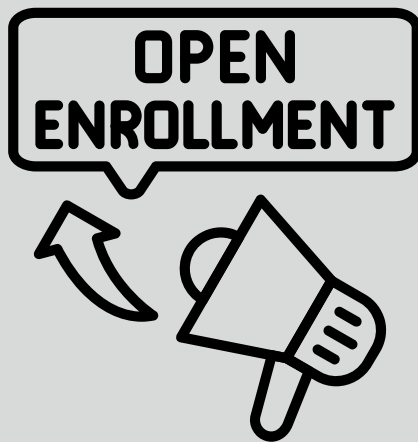
THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!



SAM'S SEGMENT

Autumn is a gentle reminder that changes can be beautiful - if one door closes and another one opens, your house is probably haunted (kidding, kind of).

Here's to the fresh start of a new month!



TIRE RACK[®]

COMPANY NEWS

OCTOBER 7TH - 25TH
BENEFITS OPEN
ENROLLMENT IS
OFFICIALLY HERE!

all information will be mailed to your address on file in workday
please scan the QR code below for further information, and email the HR Help Desk with all questions



Last Month's Happenings



TEAM SB & C1

Put together "Period Poverty Kits" to be donated to a local women's shelter

TEAM DE

Hosted a football tailgate themed luncheon, encouraging all employees to wear their favorite jersey!





TEAM CT + NV

Enjoyed a sweet treat!



TEAM MN + C1

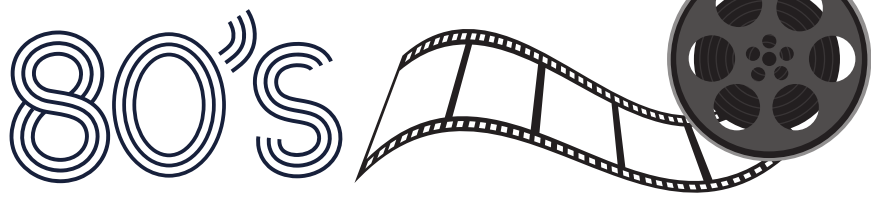
MN Put together their very own "Little Free Library" and MN + C1 hosted a pancake breakfast!

Team SB

One of the South Bend Wellness Committee Members, Joe M, hosted our 1st Wellness Workshop - Meditative Drawing - where employees were encouraged to take a break and let their minds wander.



They also hosted an 80's themed outdoor movie night on the track, featuring none other than "Back to the Future"



BEST CANDY OF ALL TIME

ACCORDING TO CANDYSTORE.COM - SEE WHERE YOUR FAVORITE RANKS!

#1 - REESE'S PEANUT BUTTER CUPS

#2 - M&M'S

#3 - HOT TAMALES

#4 - SKITTLES

#5 - SOUR PATCH KIDS



MY VOTE IS ALWAYS FOR
ANYTHING WITH PEANUT BUTTER!



COMEDY CORNER

What is a ghosts favorite type of
muffin?

Booberry! - A.K.

Why did the scarecrow win a Nobel
Prize?

He was outstanding in his field.

What do you get when you drop a
pumpkin?

Squash!

Why did the apple pie go to the
dentist?

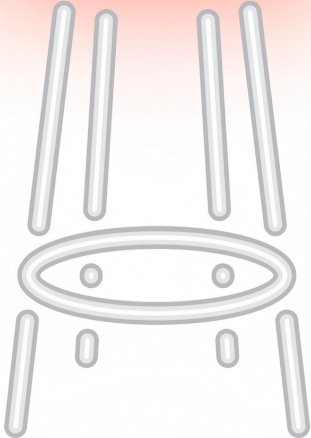
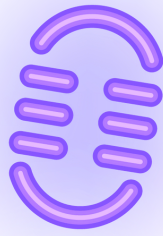
Because it needed a filling!

Why didn't the ghost dance at the
Halloween party?

Because he had no BODY to dance
with!

When does a joke become a dad joke?
When it's full groan

Where do spiders go shopping?
On the web!



TIRE RACK
.com

Want some more
laughs?
Make sure to follow
@tirerack
on all socials - scan
the QR code!



Oktoberfest

CASSEROLE



- 2 cans condensed cheddar cheese soup
 - 1 cup beer or chicken broth
 - 1 cup sour cream
 - 1 package frozen cubed hashbrowns, thawed
 - 1 can sauerkraut, rinsed/drained
 - 2 cups shredded cheddar cheese
 - 1 package fully cooked bratwursts, chopped
 - 2 cups pretzel pieces
-
- Preheat the oven to 350 degrees
 - Mix all wet ingredients in a large bowl
 - Stir in potatoes, sauerkraut, cheese, and chopped bratwurst
 - Transfer to a greased 12.9" baking dish
 - Cover and bake for 45 minutes
 - Uncover, bake for 30 minutes
 - Top with pretzel pieces, bake an additional 12-15 minutes
 - Let rest for 10 minutes and enjoy!



Team CT

Is hosting their annual desk decorating contest and Halloween costume contest!



Team GA
Is having a SPOOKY ghost hunting contest!

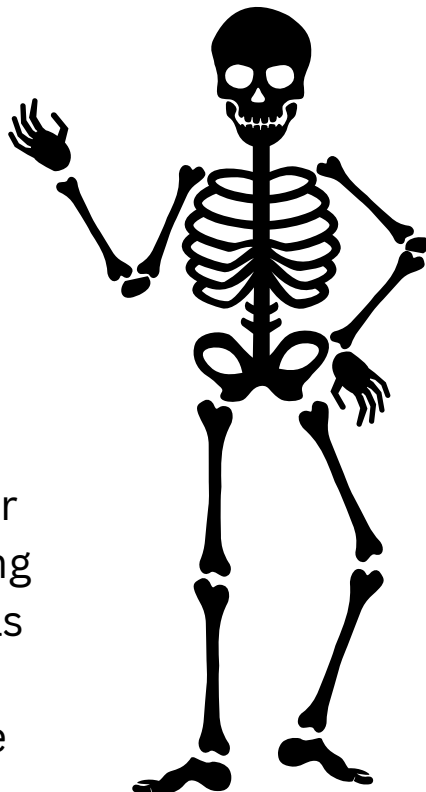


WHAT'S HAPPENING IN OCTOBER?



Team DE

Is spreading breast cancer awareness and encouraging employees to wear pink, as well as a Halloween Celebration and costume contest!



Team SB

Is hosting a Trunk or Treat with the local Boys and Girls Club, as well as an indoor rock wall climbing night and pumpkin picking event!



In 2024, more than 360,000 people will be diagnosed with breast cancer.

But there is hope. Advancement in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.


TAKE. ACTION. NOW.


H**PE**



Life happens

Work or home stress • Anxiety • Grief and loss
Relationships • Depression • Substance use

 1-888-881-LINC (5462)

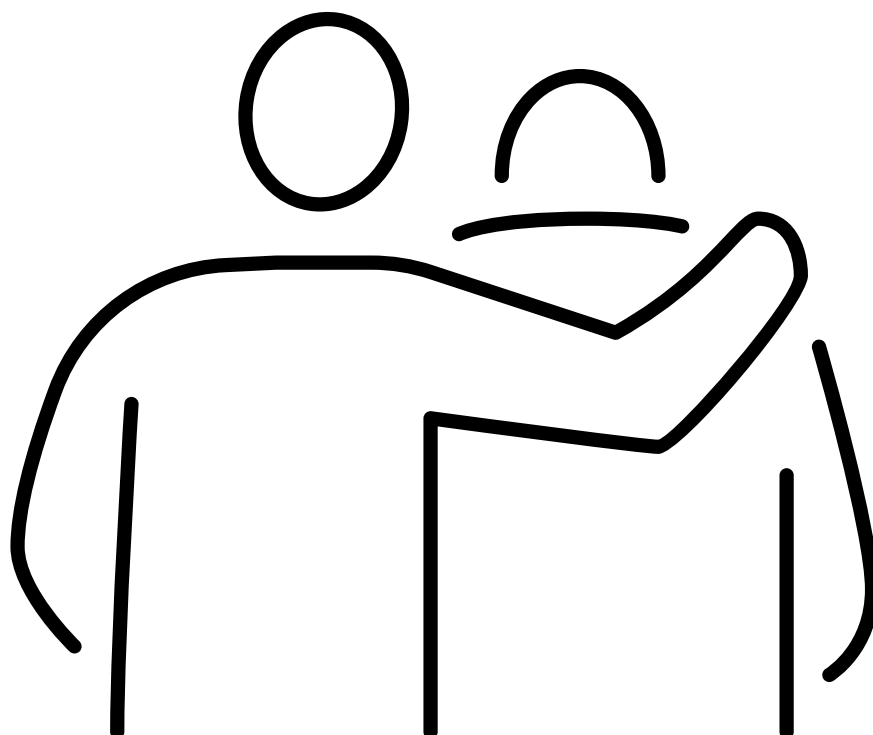
 supportlinc.com
group code: **tirerack**

Confidential assistance • 24 hours a day, 365 days a year

Support for everyday issues. Every day.



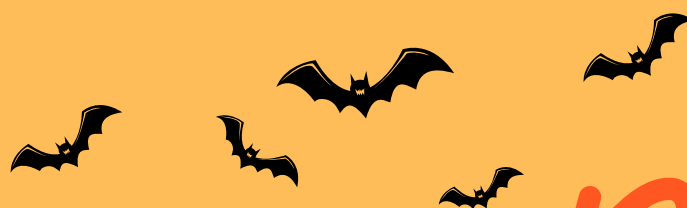
Download
the mobile
app today!





HAPPY

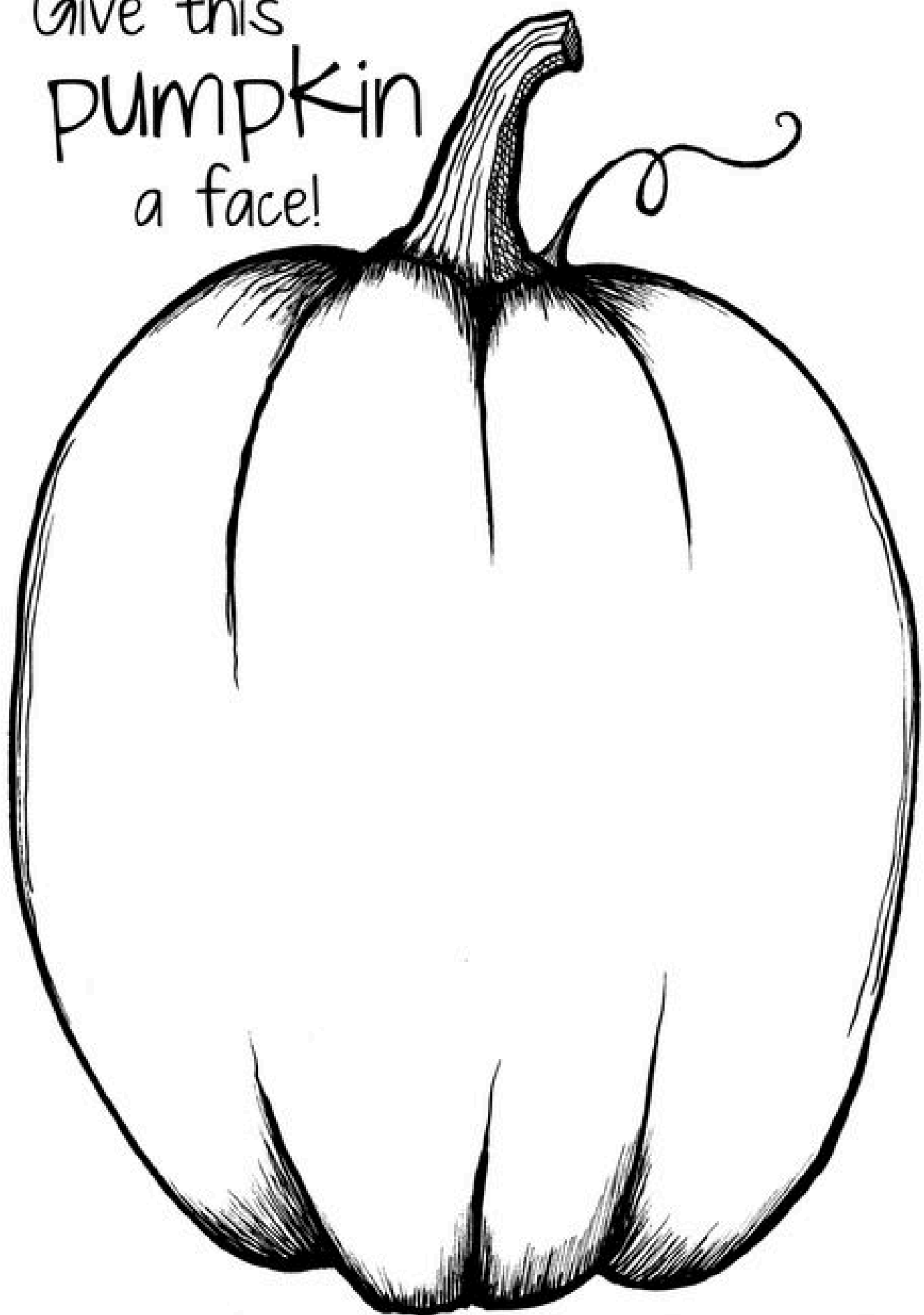
Halloween

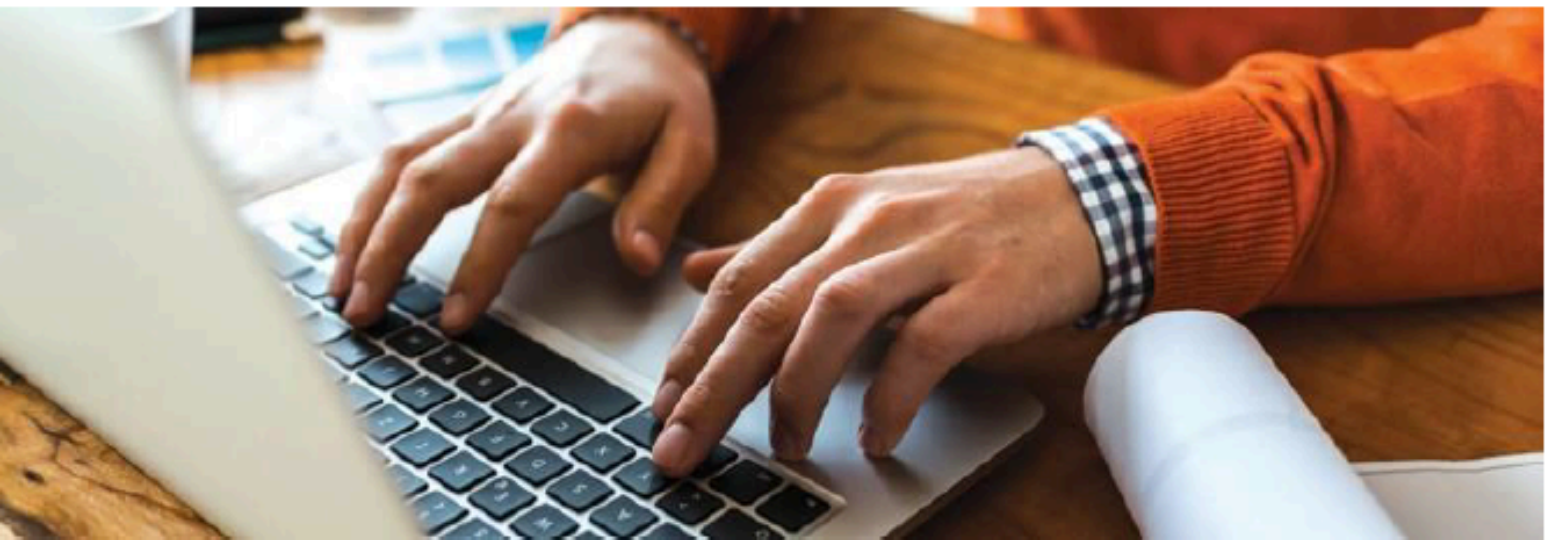


BE SURE TO SHOW OFF YOUR HOLIDAY SPIRIT BY
UPLOADING YOUR PHOTOS VIA THIS QR CODE,
OR EMAILING THEM TO EWP@TIRERACK.COM!



Give this
pumpkin
a face!





Join us for a live webinar: Retirement readiness

Key takeaways

Join us for a live webinar to discuss:

- What is retirement readiness?
- How much does it take to retire?
- Estimating and factoring in Social Security

➤ learningfromempower.com



*Sessions are available
throughout the month.*

Register today. Use the link to
the left or the QR code to sign
up for the session that best
fits your schedule.

MEET THE WELLNESS TEAMS!

THE DC WELLNESS COMMITTEES	
JEFF V	AT
SAM E	CI
RACHAEL S	CI
ERNESTO B	CO
ALEJANDRO R	CO
KARLA H	CO
RICARDO A	CO
ASHLEY C	CT
LISA G	CT
JOANNE V	CT
MIKE N	CT
AARON J	DE
HEATHER B	DE
TAMARA W	FI
TIMOTHY M	FI
SEAN S	FI
RASHAD D	FI
TYRONE J	FI
CHRISTOPHER A	FI
HAROLD H	FI
AMBER S	GA
GAYLE M	MN
IRVING G	MN
ROBIN M	NV
TRISTA W	NV
ALEX L	SB
BROOKE G	SB
OLIVIA B	SB
PAUL L	SB
ZACHARY D	SB
MARISSA L	SE
REGINALD M	SL
TY W	SL



TIRE RACK WELLNESS WORKS

energize, empower, encourage

To all of our dedicated
wellness team members -
thank you for all that you do,
from your support and
encouragement all the way
to bulletin boards and event
hosting - this program
wouldn't be the same
without you! 

THE SBWC
BRITTANY B
JESSICA H
BRANDI S
KELLY K
TIANA S
BRITTANY G
EDWARD T
ESTHER V
SAVANAH G
JENNIFER L
ALLIE H
AMY W
EUNICE B
ROB R
STEPHEN J
ZACK D
CARMELO R
DAWN R
JOE M
TRACI R
NICHOLAS F

Thank You



TIRE RACK

WELLNESS WORKS

energize, empower, encourage

WELLNESS NEWSLETTER

EMPLOYEE SHOUTOUT

SCAN THE QR CODE

