

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

**AS WE FIND OURSELVES STEERING INTO THE ABYSS THAT IS THE
END OF THE YEAR AND OUR BUSIEST SEASON, LET US NOT FORGET
TO MAKE THE TIME FOR OURSELVES AND BE PRESENT IN THE
MOMENT OF THIS NEW SEASON AHEAD!**



TIRE RACK[®]

COMPANY NEWS



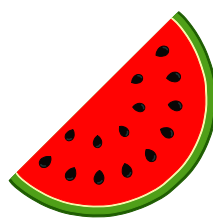
In August, Tire Rack announced that they were **partnering with Team Penske** to put our colors and branding on the **No. 2 Team Penske Chevrolet** driven by **Josef Newgarden!**



The car made its debut at the **Grand Prix of Portland** August 23rd-25th - where the two-time Indianapolis 500 winner collected his fifth podium of the season, **finishing 3rd!**



Last Month's Happenings



TEAM MN
is "one in a melon"
to say the least!



TEAM DE

Enjoyed an End of the Summer Party ft. Glow in the Dark Roller Skating!



TEAM GA & TEAM CT

Got in on the Kona Ice action to end the summer with some fun!



TEAM NV

Had a movie viewing at lunch with some popcorn to snack on!

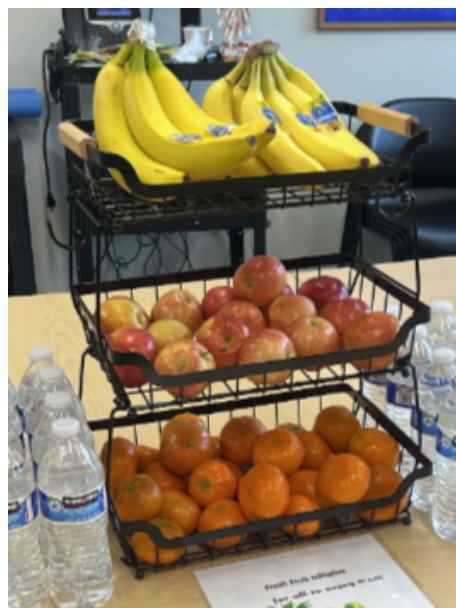


TEAM F1

Created an interactive Hurricane Watch Board!



Teams from all over dove head first into the Fresh Fruit Initiative!









TEAM SB

Enjoyed an action filled Wellness Weekend from stretching and CPR demos to cornhole tournaments and BBQ - they touched all 5 facets of wellness to say the least!

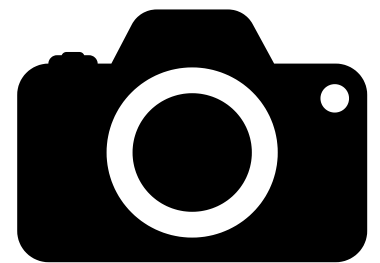


Photo Credits go to one of our South Bend Wellness Committee Members - Rob Regovich!



SOUTH BEND, IN



EL PASO, TX

The Traveling Wellness Yeti

Have you seen this cup around?

Talk to the owners to learn more about joining one of our wellness committees!



JOSHUA TREE, CA



ROSEVILLE, MN



WINDSOR, CT

BUSY SEASON SURVIVAL GUIDE

“Stay hydrated, and get your rest!” - J.V.

“Ibuprofen is your friend, meal plan, and make plans post-season to have something to look forward to!” - K.K.

“Take advantage of Hinge Health - they have great stretch routines!” - B.S.

“Keep your eye on the prize, what doesn’t kill us makes us stronger!” - J.M.

“SNACKS ON SNACKS ON SNACKS”

“If you’re not early, you’re late - if you are right on time, you are also late - plan ahead!” R.S.

“You spend 3/4 of your day at work, a half empty glass attitude is not going to make it any better - be kind to your co-workers and more importantly, to yourself!” - S.G.





ANNUAL HOMELESS CARE KITS INITIATIVE

On a single night in 2023,
roughly 653,100 people - or
about 20 of every 10,000
people in the US - were
experiencing homelessness





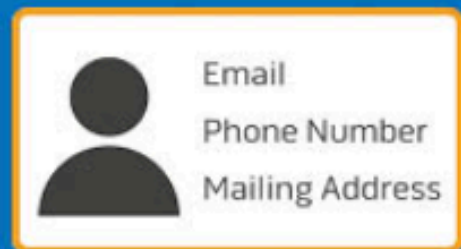
In 2023 the Tire Rack was able to donate over 2,500 Homeless Care Kits nationwide. This year, thanks to your hard work, **we will be donating 3,300 kits** across the United States.

Thank You





**Update Your
Contact Information
Today!**



UPDATE YOUR CONTACT INFO

To ensure you receive important year end Company mailings, we are asking you to take a minute and review your contact information.





RECOGNIZE SUICIDE PREVENTION AWARENESS MONTH


You can make a difference

According to the International Association for Suicide Prevention, one in every 100 deaths worldwide results from suicide. Every suicide is devastating and has a profound impact on loved ones and friends. By raising awareness, reducing the stigma associated with suicide and encouraging well-informed action, you can help make a difference.

If you or someone you know needs immediate assistance, dial 988 or 1-800-273-8255 to reach the National Suicide Prevention Lifeline. SupportLinc also offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



Download
the mobile
app today!

 1-888-881-LINC (5462)

 supportlinc.com

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

Buffalo Chicken Sloppy Joes



Hot chocolate	Popcorn balls	Marshmallows	Wizard of oz
Scare crows	Halloween	Football	Hayrides
Sweaters	Pumpkin	S'mores	Apples
Leaves	Orange	Spices	Spooky
Yellow	Fall	Warm	Red



**SCAN FOR
THE RECIPE!**

*Perfect for
tailgating season!*



COMEDY CORNER

What's a tree's least favorite month?
Sep-timber

What did the tree say to autumn?
Leaf me alone

What do you call a cold day in
September?
Septem-brrrrrrrrrr

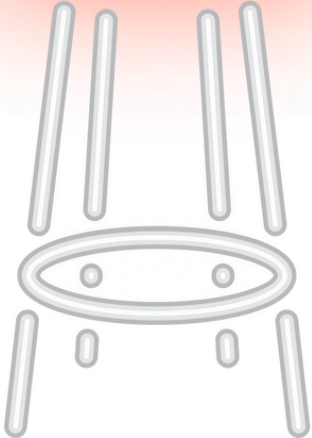
What did the leaves say at the end of
August?
Rake me up when September ends

What do trees do in September?
Turn over a new leaf

Why do birds fly south in September?
Because it's faster than walking

Why was the robot couple's
anniversary in the fall?
They were autumn-mated

Why did the apple pie go to the
dentist?
Because it needed a filling



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

TEAM DE

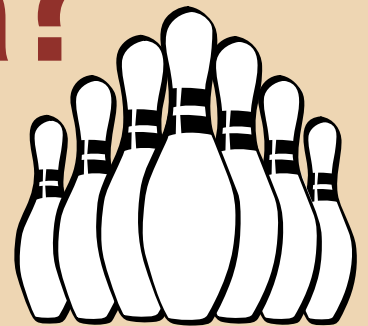
Is hosting a
Football Tailgate
Party Luncheon!



*Sweater
Weather*



WHAT'S HAPPENING IN SEPTEMBER?



TEAM GA

Is going bowling!

**"FOSTERING A LOVE
FOR READING"**



EMPLOYEE SHOUTOUT



Scott Sigerfoos

Scott has been a Tire Rack Employee since 2022 and is the current Accounting Manager at HQ! His team nominated him for this month's employee shoutout - take a look at what they had to say:

"He holds our team together and is a great leader; always stepping in when we need help or to help us not feel overwhelmed. He is a team player while being a great leader, and his whole team truly appreciates it."



KEEP UP THE GREAT WORK, SCOTT!





TIRE RACK

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EMPLOYEE SHOUTOUT

SCAN THE QR CODE

