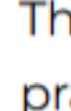


October 2025 Newsletter



Save the Date You're Invited!

Sharpen your workplace well-being strategies at the Well-being Works Better™ Peer-to-Peer Learning Series inaugural event. Listen in and share ideas and best practices for improving the overall health and well-being of your employees. The series is open to business leaders, HR professionals and those passionate about empowering their workforce to thrive.

-  **Date: November 12**
-  **Time: 12 to 1 p.m. Central**
-  **Location: Zoom**

This first session features a dynamic panel of cross-industry experts discussing practical strategies for designing and implementing clear, comprehensive health benefits, while elevating employee well-being as a business priority.

Why Attend?

- ✓ Gain actionable insights
- ✓ Connect with leaders across industries
- ✓ Champion workplace wellness

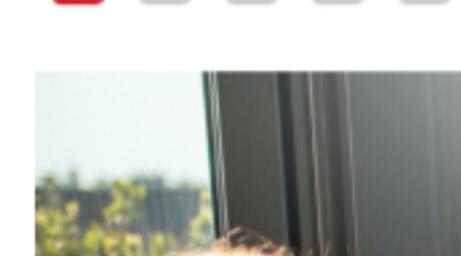
[REGISTER NOW](#)

Workplace Well-being Efforts Earn National Recognition

Well-being Works Better helps companies like yours improve employee wellness initiatives through an employee-centered roadmap. This year, we're highlighting companies making notable strides in their well-being efforts through a feature in Forbes.

[READ NOW](#)

Eye-Opening Insights



For 1 in 5 women, menopause symptoms are severe enough to interfere with work.

*Faubion SS, Enders F, Hedges MS, et al. Impact of menopause symptoms on women in the workplace. Mayo Clin Proc 2023;98:833-845. doi: 10.1016/j.mayocp.2023.02.025



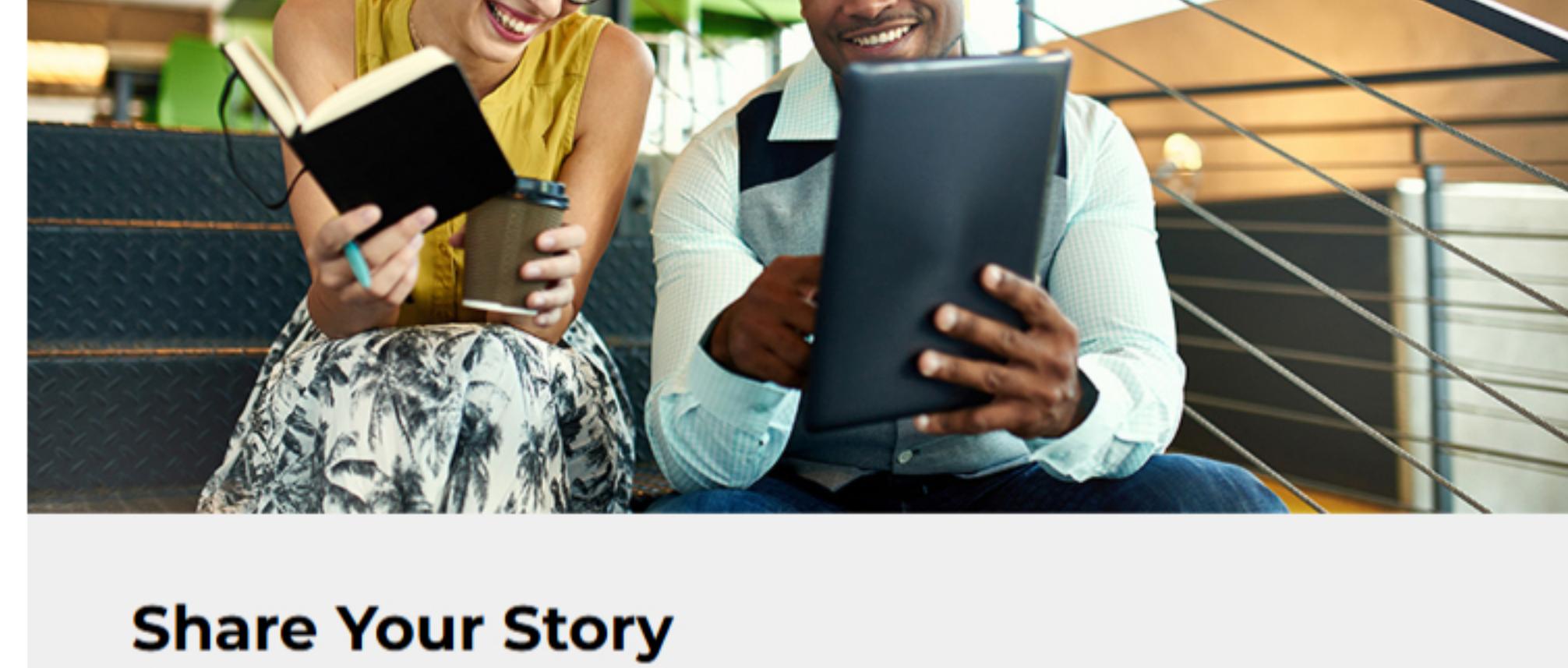
October is Menopause Awareness Month

Menopause is a natural phase of life. And it's more than just hot flashes and mood swings. It can also affect sleep, concentration and energy levels.

A 2023 study* highlighted that menopause-related symptoms can lead to an estimated \$1.8 billion in lost productivity annually. This Menopause Awareness Month, take a moment to explore and share these educational resources with your teams.

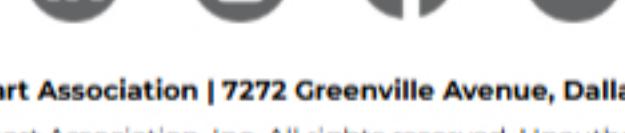
[LEARN MORE](#)

[*Mayo clinic](#)



Share Your Story

Big transformations or small wins. Group efforts or individual experiences. We'd love to hear the ways Well-being Works Better solutions are positively impacting your organization.

[SHARE NOW](#)

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