



Fun Day Challenge!

October is World Animal Day!

We are celebrating a fun and unusual holiday with a challenge for you to engage in. There are three easy steps to participate. First, choose your favorite option that you'd like to try. Second, take a picture of yourself doing the activity. Lastly, fill out the form [HERE](#) by midnight, October 31, 2024. This program is open to all employees and spouses. Any employee or spouse who participants will be entered into the Fun Day Challenge raffle. For every ten submissions there will be a raffle winner!

October is World Animal Day!

World Animal Day marks a great opportunity for animal lovers everywhere to raise awareness so every animal – big and small – can live a happy, healthy life! To celebrate World Animal Day on October 4, 2024 we have three great opportunities for you! Pick ONE option from the three unique choices that you'd like to try any day in October. Make sure to take a picture of yourself completing your chosen option!

Option 1: Take your furry family member for a walk

Walking has many powerful health benefits for you and your furry family member including improved mood! You can take a walk around the block or explore somewhere new! For an added bonus of social interaction, ask a friend or family member to join you.

To be entered into the raffle, fill out the form [HERE](#) by midnight, October 31, 2024.

Option 2: Volunteer at a local animal shelter

Volunteering has many benefits including helping you feel more part of your community. This is an activity you can do solo or round up your family and friends to volunteer together! Visit your local animal shelter to learn how you can get involved.

Option 3: Spend some quality time with your furry family member

Spending time with your pet has many benefits including its been shown to reduce stress levels. Some ideas include practicing tricks, going for a car ride, or lounging and watching a movie together!