



The CoMmunity

Are you Signed up for our Employee Resource Groups?? Scan below:



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Wellness

The City of Memphis Celebrates The 4th of July!!!

"13 American Colonies cried out "Taxation without representation!" This sparked a movement as we were forced to pay King George II taxes without proper representation. Thomas Jefferson the articulate writer drafted the documents and the final version was officially adopted on July 4, 1776 by the Continental Congress. This day is revered as a reminder of our self- rule from Great Britain.

Why are our colors red, white, and blue

- Red**- Hardiness and valor
- White**- Innocence and purity
- Blue**- Perseverance, vigilance and justice.





CITY OF MEMPHIS
HUMAN RESOURCES

Educate



Self Care Day is scheduled for Sunday, July 24, 2022. This day focused on a healthy lifestyle.

Self-care is the building block for managing and maintaining a healthy life.

Enter to win:
2 Malco movie tickets for you to go and relax!!!



The City of Memphis Celebrates International Self-Care Day

7 Pillars of Self-Care



Knowledge & Health Literacy



Mental Well-Being



Physical Activity



Healthy Eating



Risk Avoidance



Good Hygiene



Rational and Responsible Use of Self-Care Products and Services

ERG



History of Bring Your Child To Work

In 1993, Take Our Daughters To Work Day originated. The event was founded in New York by the Ms. Foundation for Women. The event gained awareness through Parade magazine along with popularity. By the mid 90s boys were added in their career event gaining insight and appreciation of the working world. By 2018, more than 3.5 million workplaces participate in the annual event.

BRING YOUR CHILD TO WORK DAY

Bring Your Child To Work Day

Ages 8-18 (only)

(Registration is closed)

COM Get Ready!!!!

The Women's Circle and Working Parents Network ERGs are eagerly planning for this event.

The event takes place on Wednesday, July 27, 2022, from 10 am-2pm at City Hall, Hall of Mayors.

Pictures from the event will be in the August newsletter.

Educate

Social Wellness Month

Social wellness is the ability to interact with others, by creating a support system. Your support system consists of co-workers, neighbors, friends, and family. This month you want to nurture those relationships.

How to enhance your social network?

1. Reconnect with an old friend
2. Call family members and check up on them
3. Volunteer in the community
4. Join an organization or club
5. Practice listening

July is SOCIAL WELLNESS MONTH

CONCERN+

EMPLOYEE ASSISTANCE PROGRAM

Social Wellness Month

Tuesday July 12, 2022 at 10 am

Embracing Healthy Relationships (15 minute session)

Click here to join the meeting (Audio & Video) or

Phone (audio only) +1 901-440-4286,,623952732# Phone Conference ID: 623 952 732#

Thursday July 28, 2022 at 4 pm

Embracing Healthy Relationships (15 minute session)

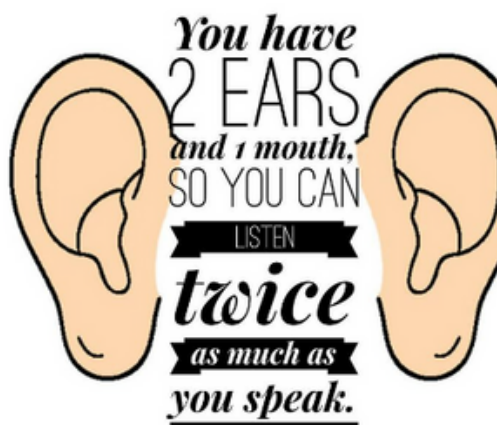
Click here to join the meeting (Audio & Video) or

Phone (audio only) +1 901-440-4286,,623952732# Phone Conference ID: 623 952 732#

Educate



This day focuses on improving one's listening skills. This day was chosen to honor Canadian Composer R. Murray Schafer, the founder of Acoustic Ecology movement.
#WLD2022



Nelson Mandela International Day July 18

This day focuses on service in making our city and communities better. We all play a role in maintaining the communities where we all live, work, and play. This is a day for service by taking action and inspiring others to make that change!!!

Simple things we can do:

- Pick Up Trash in your neighborhood
- Mentor a child or young professional
- Run for local office

Watch how Nelson Mandela changed South Africa from Prison to President

Click the link to view the video:

<https://youtu.be/Rk-Lxgp9NWg>

Wellness



Wear Blue Day
for Men's
Health Month

COM employees
looking good in
BLUE!

Thanks for the
support!!!



Maverick Fitzgerald



Todd Aaron

Brynn Wiswall



Venita Nelson



Questions?

For more information email:
wellness@memphistn.gov

Wellness



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for Men's
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Travis Young

Public Works

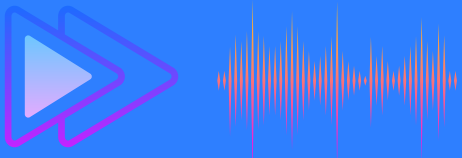


Questions?

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Diversity & Inclusion

Celebrate July's Diversity Playlist



Listen to a curated playlist of diverse musicians.



SCAN ME

Employee Resource Groups

The Diversity and Inclusion Office would like to invite you to join one of the many City of Memphis Diversity & Inclusion initiatives. We encourage you to become engaged in all of the exciting opportunities that the City of Memphis has to offer. Start today by joining one of our Employee Resource Groups (ERGs). [SIGN UP TODAY!](#)

