

Welcome

To Our Newest Employee

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How to Make Stress Your Friend

Can changing how you think about stress make you healthier? Health psychologist Kelly McGonigal says "YES" in this TED Talk.

"Go after what brings meaning to your life and trust yourself to handle the stress that follows."

Club Calendar

Moments with Photography

Friday, May 6 - 12:00 to 12:30 p.m.

Baking Club

Friday, May 13 - 12:00 to 12:30 p.m.

Kitab Kahani Book Club

Friday, May 20 - 1:00 to 2:00 p.m.

Get Fit Club

Friday, May 27 - 12:00 to 12:30 p.m.

All times Eastern. Visit [Join the Club](#) in Employee Resource section of website for details. If you don't know your login, contact [Linda Baker](#).



Club Spotlight: BAKING CLUB

If you are looking for a good yeast roll recipe, or are interested to learn how to substitute applesauce for sugar in a recipe to reduce carb counts, your wait is over!

These topics and more were served up at the first meeting of the new Baking Club, led by Piper Hammond. For novice cooks and master chefs alike, the club has a flavor for everyone.

The next meeting is Friday, May 13th. Contact Piper for a meeting invite.











Partner Perks

Show your mother your appreciation with these great savings from *Partner Perks*. 1-800-Flowers has beautiful arrangements at 20% off, while Fragrance.net has \$20 off orders of \$50 or more. If jewelry is more mom's style, then shop Corporate Jewelers with up to 66% off fine jewelry purchases. Or pamper mom by booking her a massage, manicure, or pedicure at Soothe with up to 15% off of select salon services.

Access Partner Perks via your Ultipro account & click on the discount tab.



Bracket Results

- | | | | |
|---|--|----|--|
| 1 |  Daniel Jones | 6 |  Deborah Zinsius |
| 2 |  melissa audy | 7 |  Piper hammond |
| 3 |  Jennifer McKeown | 8 |  Jennifer Zinsius |
| 4 |  Amanda Newman | 9 |  Kate Fischer |
| 5 |  Aaron Clarke | 10 |  Emilie Hood |

