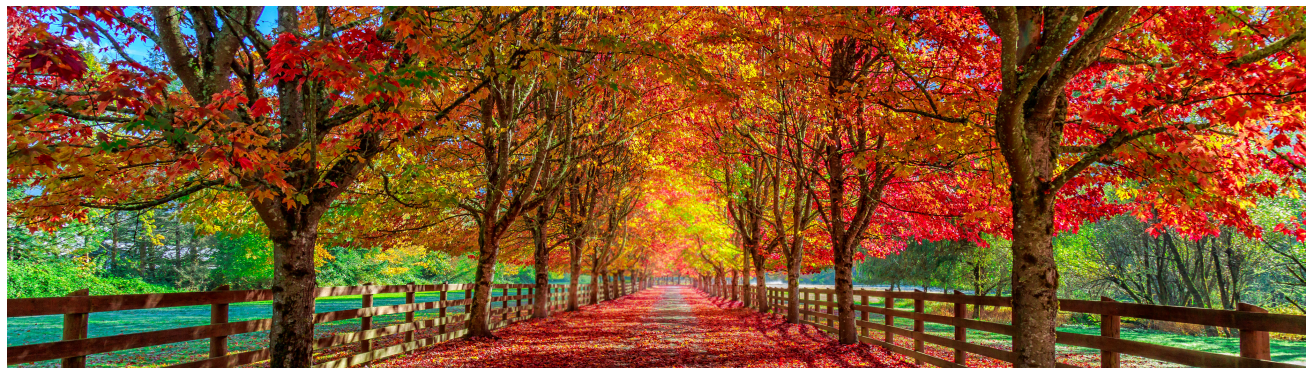


Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

October 2025



"You can't always control what goes on outside. But you can always control what goes on inside." — Wayne Dyer

Happy October! The only thing scarier than Halloween candy in the break room is unchecked stress haunting your workday. This month, we're not ghosting our wellness goals—we're facing them head-on with mindfulness, breathing breaks, and a chili cook-off or two. Because managing stress isn't witchcraft...it's mindset.

The only thing more terrifying than a haunted house? A calendar full of back-to-back meetings and no time to breathe. But fear not—we're conjuring calm all October long with spooky-good programming built around stress management, mental wellness, and mindfulness.

Here's what's brewing in our wellness cauldron:

- Mindset Coaching Sessions (Oct 3–24): No tricks—just tools. Learn how to reframe stress, build resilience, and summon your inner calm.
- Mini-Challenge: Stress-Less Week (Oct 13–17): Daily tasks like "Breathe It Out" and "Digital Detox" are scarier than ghosts...but in a good way.
- Vaccine Clinics (Oct 1–2): Avoid flu frights—get your shot and stay protected.
- Fall Festival (Oct 30): It's a monster mash of wellness and fun—costume contests, chili cook-offs, side hustles, and cornhole that'll knock your skeleton socks off.
- Appreciation Weeks: Celebrating our ghouls and guys in Customer Service, Pharmacy, and every department. Expect treats (not tricks).
- Recipe of the Month: Pumpkin & Cinnamon Overnight Oats they're smooth, soothing, and scream fall comfort. No eye of newt required.

"Small pauses create big changes." Or as Dracula might say... "I vant to take a mindful breaaaaaath."



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Mission: Possible – Ghosting Stress

One Breath at a Time

This October, we're not just handing out candy—we're handing out clarity. Welcome to Mission: Possible, where your target is stress, your disguise is calm, and your most powerful gadget? Your mindset.

Stress may try to haunt your workday, but with the right tools, you can ghost it like a pro.



Your Assignment, Should You Choose to Accept It

Your mission, agent, is to manage stress like a wellness ninja with a pumpkin latte. A healthy mindset means recognizing stress before it spooks you and building daily habits to keep your cool under pressure. It's not about dodging every challenge—it's about facing them with resilience (and maybe a little spooky flair).

Ghost Protocol: Mental Wellness Edition

Over four weeks of Mindset Coaching, you'll:

- Spot stress triggers faster than a vampire at sunrise
- Master micro-moments of calm to stay mission-ready
- Learn how your biometric data reveals mind-body connections
- Build a "Mindset Toolkit" worthy of any field agent—or fall festival champ

Bonus Mission: Stress-Less Week (Oct 13–17)

Complete daily mini-challenges to earn GoPivot points and digital glory:

- **Monday:** Name that fear (and reframe it)
- **Tuesday:** Breathe like a covert yogi
- **Wednesday:** Gratitude = your emotional ghostbuster
- **Thursday:** Move it so you don't lose it
- **Friday:** Log off—your mind will thank you

Why It's Worth It

Stress might be part of life, but burnout doesn't have to be your boss. This month, we're celebrating everyone from CSW champs to pharmacist heroes—and reminding each of you that your mind isn't just a tool. It's your mission control.

So suit up, spooky agent. This October, stress doesn't stand a ghost of a chance.



Losing Weight, Finding Strength Jamie's Journey



When Jamie first stepped on the scale in April 2020, she didn't know the exact number—only that it was somewhere above 310 pounds. That moment, in the middle of a global pandemic, became her starting line. It wasn't just about the weight—it was about reclaiming control, and choosing to show up for herself.

She joined Weight Watchers and began making intentional choices, learning to track, plan, and build consistency into her daily life. With time and effort, the scale began to move—down to 278 pounds. But this wasn't going to be a straight road. Life had other plans.

In August 2021, Jamie and her family moved into a new home. The disruption put her routine on pause. Just a few months later, in January 2022, she found out she was pregnant. Her daughter Oakleigh was born in October—and Jamie walked into the hospital weighing 306 pounds.

Postpartum recovery came with its own challenges, but so did a renewed sense of determination. Within a month of giving birth, Jamie made the decision to return to the gym and start walking again. The results came: 286... 270... 260... all the way down to 245 pounds.

Then the cycle repeated itself. A 13.5 mm kidney stone in March 2023. Surgery in April. Then, a hysterectomy in early 2024. And later, oral surgery complications. Each time she gained a little weight back. Each time she had to start over. And each time—she did.

Now, at 235 pounds, Jamie has lost over 75 pounds. But what she's really gained is more important: the mindset to keep going when everything tells you to stop.

"I've got to beat this cycle," she says. "Every time I get going, something knocks me backwards. I know what needs to be done—but I struggle to follow through."

It's a brutally honest reflection—and one that so many people can relate to. But here's the truth: progress doesn't require perfection. It requires persistence. And Jamie has it in spades.

Cravings come. Life throws curveballs. And motivation? It ebbs and flows. But mindset—the belief that setbacks don't mean failure—is what keeps you in the game. Jamie hasn't just lost weight. She's built grit. She's learned to pivot. She's still showing up, even when it's hard.

Her story reminds us: It's not about how many times you start over. It's about choosing to start again—every single time.



Jamie Loggins
Gainesville



TIPS & RESOURCES:

Mindset Edition

October isn't just about haunted houses and jump scares—it's also about the mental ghosts that sneak up on us when we're chasing our goals. Those old habits, fears, and doubts can feel scarier than any Halloween mask. But here's the truth: they don't have to control you.

How to ghost your ghosts (and make your mission possible):

Name the fear. When negative self-talk creeps in, write it down. Naming the ghost takes away its power.

Reframe the mission. Instead of "I can't eat better" → "I'm learning how to eat better." Small mindset shifts make the impossible possible.

Future-you check. Ask, "What would the version of me I want to become do right now?" Then act like them.

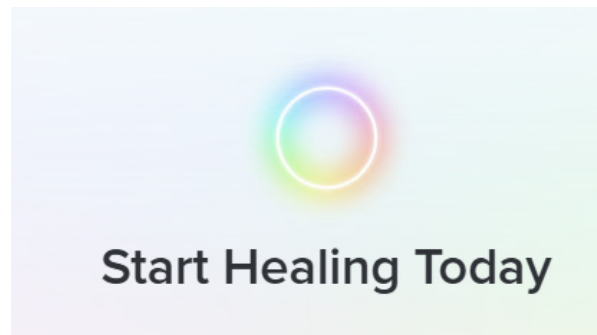
Stack the wins. Focus on one doable action each day—a walk, journaling, or saying no to a craving. Momentum is built, not found.

EVENT ANNOUNCEMENTS



All Locations & Remote

Power Walk Breaks
Vaccine Clinics
Employee Appreciation Week (CSW Theme: Mission: Possible) Oct 6–10
Pharmacist Appreciation Week Oct 20–24
Fall Festival & Community Celebration Oct 30



Try Aura: Save up to 30% on a mindfulness subscription

With Aura's personalized recommendations, you can find peace every morning, day, and night. There is no one-size-fits-all solution to mental well-being. Aura is the first all-in-one wellness app that learns how to best help you.

Resource of the Month: Atomic Habits by James Clear. A blueprint for proving to yourself that small wins (done consistently) can build massive change.

Remember: The only ghosts that can haunt you are the ones you keep feeding. Stop giving them power—and start giving your mission energy.

TEAM COACHING GROUPS



Pillar #2 Mindset

This month's coaching series focuses on building a healthy mindset as the foundation for resilience. Together, we'll explore mindfulness, understand the link between body and mind, and practice tools to reduce stress and strengthen emotional balance.

- **Week 1 (Oct 10):** Mindfulness & Micro-Moments of Calm
- **Week 2 (Oct 17):** Biometric Insights – Linking Body & Mind
- **Week 3 (Oct 24):** Sustaining Resilience + Festival Prep

Join Us Here:

Join the FRI - 1:15 PM Session



WELLNESS CHALLENGES

Mini-Challenge: Stress-Less Week

Duration: Oct 13–17

Points Available: 50 points per completed action (max 250 points)

This 5-day challenge invites you to commit to five small actions. One powerful reset. Each day, try a simple habit to support you

Complete daily mini-challenges to earn GoPivot points and digital glory:

Monday: Name that fear (and reframe it)

Tuesday: Breathe like a covert yogi

Wednesday: Gratitude = your emotional ghostbuster

Thursday: Move it so you don't lose it

Friday: Log off—your mind will thank you

SHARE YOUR WINS!



We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. submit it [Here](#) or Email us at wellness@procarerx.com to have your story featured in our next newsletter.



A FEW NOTES TO REMEMBER

- Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.
- You can find the PDF version of the Newsletter for printing at hbc.procarerx.com under resources or [Here](#)

HAPPY BIRTHDAY

We couldn't be more excited to celebrate our October birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

CROSSWORD



POSSIBLE, GHOSTS, MINDSET, MISSION, FOCUS, HABIT

Pumpkin & Cinnamon Overnight Oats

Ingredients: (Serves 2-3)

- 1 cup rolled oats
- 1 cup unsweetened almond milk (or milk of choice)
- ½ cup pumpkin purée (not pie filling)
- 2 tbsp chia seeds
- 2 tbsp maple syrup or honey (optional)
- 1 tsp cinnamon
- ½ tsp pumpkin pie spice (or nutmeg + ginger mix)
- ½ tsp vanilla extract
- Pinch of salt

Toppings (optional but highly recommended):

- Sliced banana or apple
- A sprinkle of granola
- A dollop of Greek yogurt
- Extra cinnamon dusting



Instructions:

1. In a jar or container, stir together oats, almond milk, pumpkin purée, chia seeds, sweetener, cinnamon, pumpkin spice, vanilla, and salt.
2. Seal and refrigerate overnight (at least 4 hours).
3. In the morning, give it a stir, add toppings, and enjoy chilled—or warm it up for a cozy version.

Pro Tip: Make 3–4 jars at once for a week’s worth of breakfast. The flavors deepen over a couple of days, making them even better by midweek.

Why We Love It:

Nothing says October like cozy flavors of pumpkin and spice—but without the sugar crash from a latte. This easy overnight oats recipe is packed with fiber, protein, and warm fall vibes, making it the perfect grab-and-go breakfast.

Thank you for reading!

