

2025 JUNE Cretex Cares-a-thon



The 2025 Cretex Cares-a-thon is here -- and so are new ways to give back!

Volunteering doesn't just support our communities – it also supports *you*. Studies show that volunteering can boost your physical health, sharpen your mind, reduce stress, and even help you live a longer, more fulfilling life.

This June, the Cretex Cares team is inviting you to join in a variety of volunteer events and donation drives. Whether you are looking to lend a hand, make an impact, or connect with coworkers in a meaningful way, there's something for everyone.

Here are just a few organizations that will be having activities available this year:

Feed My Starving Children:

Take part in two group volunteer sessions where Cretex team members will pack nutritious, life-saving meals for children and families in need around the world.

Good in the 'Hood:

Join us in supporting local families and individuals experiencing hardship by donating new or gently used shoes and helping assemble hygiene and self-care kits. These efforts will directly support Good in the 'Hood's Shoe Away Hunger and SoleCare for Souls initiatives.

Second Harvest Heartland:

Help fight hunger close to home by volunteering to pack and sort food, which will be distributed to families and individuals across Minnesota facing food insecurity.

More events and updates are shared throughout the month, so be sure to check the [Cretex Cares website](https://go.cretex.com/CaresFB), follow the Cretex Cares Facebook page at <https://go.cretex.com/CaresFB>, and watch for Monday morning emails to stay up to date on how you can get involved.

Featured Activity

Check out this month's Microsoft Form where you can share your experiences of volunteering for both Cretex Cares as well as your own personal volunteer experiences!

Reach out to your Be Well Champion if you have any questions!

Volunteering can improve your well-being

This month we are highlighting the many wonderful volunteering opportunities from Cretex Cares. Not only are these events opportunities to give back to your community, they are also giving you time to connect with one another. Social well-being is a core pillar that is impacted when you are volunteering. What is social well-being? It is the sense of connection to those around you. Pouring some of your time into social well-being can lead to a feeling of purpose and belonging. This month, take the opportunity to participate in an event or drive, talk with a co-worker about it, identify what organizations or groups you have a connection to. Don't let social well-being sit on the sidelines., take an active approach in this area of well-being!

Interested in learning more about how volunteering impacts well-being?

Follow the link below or scan the QR code

to read an article from NPR News - Living Better:

"When kindness becomes a habit, it improves our health"



Living Better Article

https://bewell.cretex.com/Kindness_0625

Volunteer opportunities near YOU!

Want to continue volunteering after June? Head to Volunteer Match to see what events or organizations you could volunteer for in your local area.

Follow the link below or scan the QR code.



Volunteer Match

https://bewell.cretex.com/Volunteer_0625

2025 Incentive Information

Earn an opportunity to order an item from our **new** online incentive store for every **three months** you participate in our monthly wellness activities (months need not be consecutive).

Maximize your opportunities to order from the incentive store by participating in all 12 monthly activities and completing your annual HRA. You will find the activity information in this very newsletter each month!

Reach out to your Be Well Champion for more details!



VISIT THE BE WELL
WEBSITE AT
[BEWELL.CRETEX.COM](https://bewell.cretex.com):
Monthly Activities, Wellness Resources
and Monthly Newsletter Archive



COMPLETE YOUR HRA
IN THE MARATHON
eHEALTH PORTAL
To complete your Health Risk Assessment
(HRA) on the Marathon eHealth Portal, Click
on "MyHealth" then "Questionnaires"



<https://bewell.cretex.com/Form0625>