

## TOP NEWS

### LIVE CALM SESSION

INFO BELOW

### INVESTING 101

NOW AVAILABLE

### FALL MESSAGE DAY

COMING SOON

## Welcome to Brentwood!



**Andres Orozco**  
Community  
Development  
Technician

## Thanks for serving Brentwood



**Kimberly  
Muratalla**  
Property  
Evidence  
Technician I

## BABIES OF BRENTWOOD!

*BABY IYLA  
BORN 10/4  
VATSAL PATEL  
ENGINEERING*



## TELL CANCER TO GO #TAKEAHIKE

Click [HERE](#) to find various ways to show your support and/or donate.

Support the fight against cancer by taking a walk or hike, or just celebrating being outdoors, with family and friends on October 19th.

# Fall Walking Challenge



## 2024 Walking Challenge - Wild Atlantic Way - Team Expedition

Explore Ireland's spectacular coastal route.



Your Team

1233.6 / 1615.5 mi

76%



# WALKT<sup>o</sup>BER



KAISER PERMANENTE

# 15,974



3613



2301



10,060

Two Walking Challenges!

Halfway through the month and we are making great strides! The top walker this week is **Michelle Morey!**

# ★ Happy Boss's Day October 16th

We would like to take a moment to express our gratitude for all of the City supervisors and managers for their guidance, support, and inspiration. Whether it's a heartfelt note or simply a word of thanks, your appreciation can make a big difference. Human Resources would like to give a special shout out to our bosses, Sukari and

★ Teresa, and let them know we value their hard work and dedication!



## Investing 101

Do you want to invest but don't know where to get started? This webinar will help you to understand what investing is and provide some insights into techniques to find which investing strategies are right for you.

Click [HERE](#) and log in for the on demand webinar



PERMANENTE MEDICINE<sup>®</sup>  
The Permanente Medical Group

## Anxiety in Children and Teens

October 24

12:30 P.M. – 1:30 P.M.

Anxiety in children and teens may show up in a variety of ways. Join Ashley Mika Decena, LCSW and learn how to recognize anxiety in children and teens and how you can support them through awareness and communication.

[REGISTER HERE](#)





Pledge to try biking to work and 511 Contra Costa will send you a \$20 BikeLink card to help you park securely.

Click [HERE](#) for more information

**Secure Your Cycle**



*Live Calm Sessions*

October 23  
2pm - 2:15pm  
Virtual

15 Minute destress exercise

[CLICK HERE](#)



*Fall Massage Day  
is coming your way!*

*RSVPs will be on the Intranet soon.*



**Don't Let Retirement Sneak Up On You: Take These 5 Steps Today**



How do you envision your retirement life? What should you consider doing now to ensure you're on track to meet your goals?

Click [HERE](#) for more information on the resources available to you



**JOB BOARD** [#brentwoodcareers](#)

Human Resources Specialist	Police Officer Trainee
Police Dispatcher II	Recreation Leader II
Police Officer	Technical Assistant I

Contact Human Resources  
[humanresources@brentwoodca.gov](mailto:humanresources@brentwoodca.gov) or 516-5191