



YOUR PCS BENEFIT WEEKLY UPDATE

September 8, 2023

RETIREMENT NEWS

FRS Sponsored New Employee Retirement Plan Workshop Webinar

On September 20th, PCS has requested the Florida Retirement System (FRS) to conduct a **FREE** informative employee workshop to all **new** PCS employees. This workshop is designed to encourage you to take action in planning your financial future.

Learn more about this opportunity and pre-register for this webinar [here!](#)



Retirement Planning Seminar

The Pinellas Education Foundation invites you and a guest to attend a complimentary retirement planning seminar. This informational program is open to all employees of Pinellas County Schools and is presented by Florida Educator Insurance, LLC & GAC Wealth Management, LLC and Suncoast Insurance and Retirement. They will be offering two virtual seminars and two in-person seminars.



Attend a Virtual Seminar	Attend the In-person Seminar
November 14 at 5:30 p.m.	September 14 at 5:30 p.m. October 19 at 5:30 p.m.

Review this [flyer](#) for detailed instructions and to register for the retirement seminars.

Looking to Lower or Monitor Your Blood Pressure?

Join the American Heart Association for a **FREE** 4-month program that will empower you to take charge of your heart health! 46% of US adults have high blood pressure and only 1 in 4 have their blood pressure under control. All PCS employees are eligible for this program. [Register today!](#)



All classes will be 6:00pm-7:00pm

Class 1	Wednesday, September 27	In-person meeting PCS Administration Building
Class 2	Wednesday, October 25	Virtual meeting
Class 3	Wednesday, November 15	Virtual meeting
Class 4	Wednesday, December 13	Virtual Meeting

FREE blood pressure cuff provided at first meeting! Limeade participants can earn 100 points for completing this program. Chance to win **\$100** grocery card when you participate in classes.

PCS Limeade: Halfway Through Challenge!

We are halfway through the Limeade program year. Challenge yourself to get back involved with the Halfway Through Challenge. PCS employees who log into Limeade and participate in **one** Limeade activity in the month of September will be entered into a drawing to win an additional \$50 gift card.



Entry will be tracked automatically. All employees who log into their Limeade account and complete one activity between 9/1/2023 and 9/30/2023 will automatically be entered into the challenge drawing. Winners will be contacted directly. To learn more about Limeade, visit pcsb.org/limeade.

Employee Assistance Program – RFL Webinars for September

Resources for Living (RFL) provides webinars monthly to help employees be less stressed and more productive. [This flyer](#) announces the four new webinars for September: 1) Suicide Awareness 2) Understanding Alzheimer's 3) Understanding Self-harm 4) Communicate Across Differences. To register for the webinars, log in to your PCSB member website at www.resourcesforliving.com, **Username: pcsb Password: eap**. If you can't attend a live webinar, [check out webinars on-demand from our webinar library](#).



Remember, the EAP is available 24/7 at 800-848-9392 to assist you with life coping skills.



EMPLOYEE DISCOUNT NEWS

Employee Discounts

Main employee discount page

Concerts & Events Discounts

Concerts and other event discounts through Amalie Arena and Yuengling Center

PerkSpot

Travel, theme park tickets, entertainment & local offers
Company Code: PCSB

Tickets at Work

Special offers like discounts on theme park tickets & more!
Company Code: PCSB

