

TOP NEWS

**NEW YEAR,
HEALTHIER YOU**
[LEARN MORE](#)

RIDE TO WIN
[LEARN MORE](#)

**EMPLOYEE
DISCOUNTS**
[LEARN MORE](#)

WELCOME/PROMOTIONS

WELCOME TO BRENTWOOD!

Jessica Harris
Police
Dispatcher II



Angel Abarca
Senior Engineer

CONGRATS ON YOUR PROMOTION!



**Kyle
Anderson**
Laboratory
Analyst



**Melissa
Barcelona**
Laboratory
Supervisor



SAFETY

This Week's Safety Tips

Wet Weather & Night Driving Safety

- Eliminate distractions
- Plan your route
- Avoid flooded areas
- Inspect your vehicle lights
- Check your tires tread
- Have an emergency kit
- Avoid unnecessary stops
- Never go faster than what is safe for conditions

To learn more:

[CLICK HERE](#)

New Year, Healthier You!

As we start the new year, let's make wellness a priority—both at work and beyond. Small, consistent habits like taking breaks, staying active, and caring for mental health can make a big difference. When we feel our best, we do our best. Here's to a healthier, more balanced year ahead.

Check out some webinars Kaiser Permanente has lined up for the month of January:

- 1/13 - Nearing Retirement? Medicare Workshop (9a-10a)
- 1/15 - Body Harmony (12p-1p)
- 1/21 - Workday Recharge (12p-1)
- 1/22 - Ergo Hacks for Neck, Shoulders & Wrists (12:30p-1:30p)
- 1/26 - Workday Warrior: Desk Strengthen & Stretch (12p-1p)



Scan this QR code to access Kaiser's January Wellness Calendar or [click here](#).

EXERCISING FOR BETTER SLEEP

Working out is great for your body and mind – and it can also help you get a good night's sleep. Keep in mind that exercising too late in the day can interfere with how well you rest at night.

[CLICK HERE TO LEARN MORE ABOUT HOW EXERCISE MAY HELP WITH YOUR SLEEP.](#)



INTERACTIVE TOOL:

HOW MANY CALORIES DID YOU BURN?

Calories measure energy—in food and in your body. You use energy all the time, even at rest. In general, the more intense the activity and the longer you do it, the more calories you burn.

Check out [this interactive tool](#) that estimates how many calories are burned during common activities.



PERKS

RIDE TO WIN: \$511 DRAWINGS EVERY WEEK

Looking for a fun incentive to take public transit? With Big Win on Transit, every day you ride transit earns you an entry into a weekly \$511 drawing. The more you ride, the more chances you have to win!

READY TO GIVE IT A TRY?
CLICK HERE TO SIGN UP
AND LEARN MORE!



Employee Discounts!

Don't forget about all the exclusive discounts to all City of Brentwood Employees & Staff offered by West Coast Employee Perks!

Check out [this flyer](#) for details on savings of 50-90% for resorts, family fun, restaurants, paintball, wellness, wine tasting, comedy clubs, & MORE!



RETIREMENT ROW

RETIREMENT 101: A COMPREHENSIVE OVERVIEW

MissionSquare
RETIREMENT

Most of us imagine retirement as a happy time – a reward for a lifetime of hard work, full of possibilities. With Americans living longer, retirement will make up a full third of many people's lives. This makes planning for it essential.

JANUARY 14
10:00 AM - 11:00 AM

**REGISTER
NOW!**

JOB BOARD



- Assistant City Manager
- Police Dispatcher II
- Police Officer



Contact Human Resources
humanresources@brentwoodca.gov or 925-516-5191