

Men's Health Month: Get Up & Go Challenge



June is **Men's Health Month!** During the month of June, we are challenging men to "get up and go," whether it's going to exercise, getting screened or eating a healthy meal.

Get Up & Go Challenge:

Each day this week there is a different focus to "get up and go!" Commit to making healthy choices that are beneficial to your overall health.

Tuesday: Eat a healthy meal

Wednesday: Exercise

Thursday: Get screened & make prevention a priority

Friday: Go outdoors

Saturday: Get eight hours of sleep

Sunday: Take time for your mental health



Men's Health Month is only 30 days, but taking care of your health is a responsibility that lasts a lifetime. By forming healthy habits of diet, exercise, and stress management, you can give yourself more time with the people you love.

Don't wait - good health starts today!

Mid-Year Conversations are Almost Here

Guess what time it is? It's almost Mid-Year Conversation time!

Conversations will begin taking place soon. Managers, now is the time to book a slot in your employee's calendar! Toolkits will be shared to support you through the process.

Stay tuned for further information!



Juneteenth: A Day for Freedom



Yesterday was Juneteenth – the day that marks the end of slavery in Texas, dating back to 1865.

Juneteenth has been around for years in the Black community as a holiday celebrating the end of slavery. The day often commences with big family gatherings, parades, concerts, church services and special events on what is known as the oldest African American holiday.

In 2021, President Biden signed a bill into law that established June 19, as **Juneteenth National Independence Day**, as a new federal holiday to commemorate the end of slavery in the U.S.

Regardless of your race or ethnicity, Juneteenth is about awareness, understanding and respect for all people and cultures. One way that we can continue to live the Brink's value of Diversity and Inclusion is to **learn from each other, listen without prejudice, and remove biases** from our lives and our workplace.



Perry & Cash want YOU to Complete your Training!

Please be diligent and check Workday for any required learning.

Below are a few required annual courses that you should look for:

- Legal100 – Brink's Capital Bank Secrecy Act Anti-Money Laundering and Office
- HR – Preventing Harassment and Discrimination
- MGR929 – Hiring Manager Interview Training



Thank you!!

Cyber Hacks: Browser Extensions



A browser extension is a small software module for customizing a web browser. Browsers have a variety of extensions, including user interface modifications, cookie management, ad blocking, and the custom scripting and styling of web pages and applications. Browser extensions have always been attractive to cybercriminals looking for innovative ways to **add malicious code** onto unsuspecting users' machines. Many are even designed as tools while **secretly harvesting information** about every website people visit before selling the data to the highest bidder.

How to use extensions safely:

- Don't install browser extensions in your work laptop. Not only do they affect computer performance, but they are also a potential attack vector, so narrow their number to just a few of the most useful.
- Pay attention to the permissions that extensions require. If an extension already installed on your computer requests a new permission, that should immediately raise flags. That extension might've been hijacked or sold. If you can't find a logical explanation for the permissions, it's better not to install that extension.
- Always use an antivirus for your personal laptop or machine, by having an antivirus installed you will be able to detect and neutralize malicious code in browser extensions.

Celebrate Pride! Update Your Email Signature

June is Pride Month, when the world's LGBTQ+ communities come together and celebrate the freedom to be themselves.

We celebrate Pride Month to recognize the contributions and achievements of the lesbian, gay, bisexual, transgender and queer (LGBTQ+) community.

If you would like to show your support of the Brink's LGBTQ+ community, **you are welcome to update your email signature with the Brink's Pride/Progress logo and/or shield.**



You are also welcome to add your preferred gender pronouns to your email signature/name. By acknowledging someone with the correct gender pronouns, you are demonstrating inclusion, respect, and gender affirmation. He/Him is for those who identify as male, She/Her for those who identify as female, and They/Them for those who identify as gender neutral.

An example signature featuring logos and pronouns, and a link to instructions are attached. The official Brink's logos are also included to update your email signature at any time.

Brink's Career Opportunities

Imagine the Possibilities...

To browse and apply to internal job opportunities in Workday:

- Go to <https://brinks.okta.com> in your internet browser
- Select Workday
- Select the Career icon
- Browse and apply to internal positions

Region 1

- Sacramento, CA - General Manager
- Las Vegas - Route Supervisor

Region 2

- Irving, TX - ATM Supervisor
- Nashville, TN - Area Director

Region 3

- Salem, VA - Vault Supervisor
- Columbus, OH - Cash Supervisor
- Annapolis Junction, MD - Cash Supervisor

Region 4

- Plainview, NY - Cash Manager
- Lowell, MA - Cash Manager

Region 5

- Atlanta, GA - Route Supervisor
- Charlotte, NC - PM Cash Supervisor
- North Charleston, SC - Branch Manager

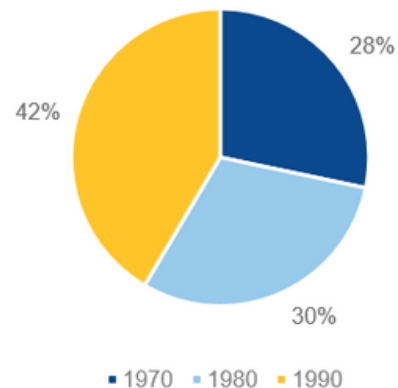


BGS Openings

- Louisville, KY - Operations Manager
- New York, NY - Transportation Coordinator - NY Import
- New York, NY - Representative, Client Services
- New York, NY - Business Development Manager - Precious Metals
- New York, NY - Billing Supervisor

Perry Wants to Know: *Question of the Week Results*

June Is National Pride Month. The First US Pride Parade Was Held In What Year?



1970 is correct! Check the Brink's Proud App or COSC Kiosk for a new question this week, thank you!