



HR Healthy Hub

Voya Enrollment

April 10th will be here before we know it, so mark your calendars to ensure you set up your account through VOYA.

Enroll: <https://www.myretirementbenefit.voya.com/t/Y26S>

Plan Number: 864140

Plan Verification Number: 86414099

If you have already enrolled, GREAT!!!! You can access your account 24/7 by

calling 1-800-584-6001 Website: VoyaRetirementPlan.com Mobile App: Voya Retire

Be sure to designate a beneficiary to your Plan account. This is the person (or people) who will receive your account balance in the event of your death. Log in to the Plan website, go to your name in the upper right corner then select Personal Information > Beneficiary Information > Add/Edit.

The week of April 13th, Brian and Sam Springberg will be at all the locations during that week to ensure you understand how to enroll and answer any questions you may have regarding Voya.

Keep Moving

April is More Movement Month, so as the song states "I like to move it.. move it".

Spring can be a busy time of year. The goal of Move More Month is to limit sedentary time and establish active habits that last. Try these 5 ways to sneak more movement into your day.

1. After Dinner Walks. Take a walk around the block after dinner for added evening activity. This can be a great way to get the family moving instead of sitting in front of the TV all night.
2. Move During Commercials. Use commercial breaks to sneak in an activity like jumping jacks, squats, or walking in place. Watch your favorite show while getting your exercise in for the day.
3. Start a Step Challenge. Invite your friends and family to participate in a month-long step challenge. A little friendly competition can always ramp up motivation.
4. Start the Day with a Stretch. Try beginning your day with five to ten minutes of stretching as soon as you wake up. This is a good way to start the day with movement.
5. Take the Stairs. Get your heart rate up by taking the stairs whenever possible. Climbing stairs is great for building endurance and maintaining healthy bone density.
- 6.

For more ways to participate in Move More Month, visit AHA's [Move More 2022 Activation Guide](#).



April Events

Friday April 3, 5:30pm

Anderson Auto Group (Kingman Stores) sponsors First Friday.
Location: Downtown Beale Street

Friday & Saturday, April 3 & 4, All Day

Anderson Ford Bullhead City sponsors the Needles Rodeo.
Location: Needles Rodeo Grounds

Saturday, April 4,

Anderson Powersports sponsors Hole In One for the Knights of Columbus Golf Tournament.
Location: Lake Havasu Golf Club

Friday-Sunday, April 3-5

Anderson Toyota sponsors the London Bridge Renaissance Faire.
Location: Sara Park Rodeo Grounds

Thursday-Saturday, April 9-11

Anderson Ford Bullhead City sponsors River Cruizers Hot Rods & Harleys.
Location: Avi Casino

Saturday, April 11

Anderson Powersports sponsors Hole In One for Community Olympics Charity Golf Tournament.
Location: Lake Havasu Golf Club

Saturday and Sunday, April 11-12

Anderson Auto Group (Kingman Stores) sponsors the PRCA Rodeo.
Location: Mohave County Fairgrounds

Friday-Sunday, April 17-19

Anderson Powersports sponsors Lake Havasu Boat Show
Location: Windsor 4

Wednesday, April 22

Anderson Auto and Powersports Group sponsors Kruisin' for a Kause.
Location: London Bridge Resort

Saturday, April 25

Anderson Auto Group (Kingman Stores) sponsors Replenish and Restore 5k and 10k.
Location: Hualapai Park

Saturday, April 25

Anderson Auto Group (Kingman Stores) sponsors Mohave County Search and Rescue Golf Tournament
Location: Cerbat Cliffs

Saturday, April 25th

Anderson Powersports Reno sponsors Annual Evening In Blue.
Location: Grand Sierra Resort

Thursday-Sunday, April 24-April 26

Anderson Powersports sponsors Desert Storm.

Sunday, April 26

Employee Pickleball Tournament.
Location: Dick Samp Park

Wednesday, April 29

Anderson Auto and Powersports Group sponsors Evening of Excellence.
Location: Lake Havasu Performing Arts Center



Don't forget to sign up for the pickleball tournament on April 26!

Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in April with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
Owen Gattis	17	Honda
Brent Johnson	12	CDJR