

# Perks and Rec

Fri Oct 11 2024



**Rachel Moskowitz Levin** | Head of Audience & Marketing

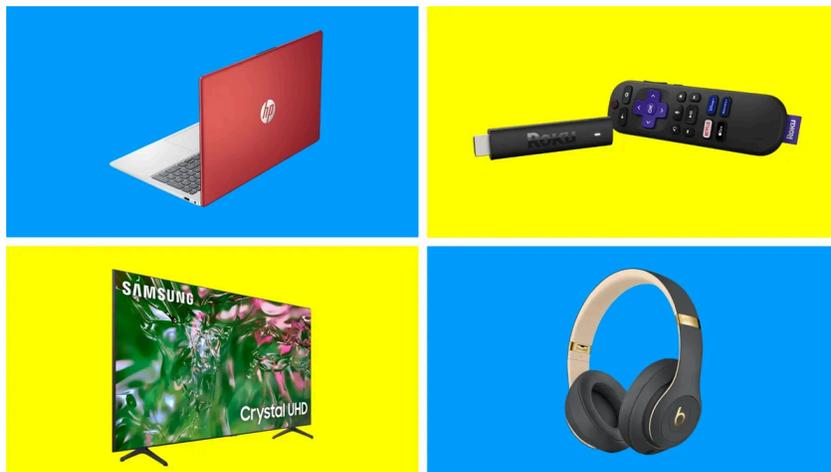
Allow me to share some good news, reader. In case you didn't know, Monday is a [federal holiday](#), which means that, for many, a long weekend lies ahead.

It's the perfect time to get some much needed rest and focus on y-o-u. If kicking back and relaxing isn't your vibe, consider this weekend an opportunity to get your home fall-ready, go on a leaf peeping road trip or get started on holiday shopping. This weekend is ripe with savings that can help you achieve whatever you set your mind to. The world is your oyster.

— Rachel Levin, Head of Audience & Marketing

*Reviewed, part of the USA Today Network*

## Save up to \$265 on these crazy Walmart tech deals



Update your essential gadgets by shopping the Walmart Holiday Deals event for savings on laptops, headphones, TVs and more.

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## Target Circle Week ends tomorrow! Sign up for Target Circle to unlock exclusive deals

Target Circle Week is almost through, but there's still time to sign up and access exclusive deals on coffee makers and more.

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## Give yourself a boost with TikTok-famous Bloom's new energy drink

The TikTok-famous Bloom Nutrition Greens & Superfoods powder is everywhere. Now, try the viral brand's Sparkling Energy drink for a low-calorie boost.

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## Save up to 50% on top-notch appliances at Walmart

Shop the best Walmart appliance deals on Kissair, Ninja, GE and more this week during the Holiday Deals sale.

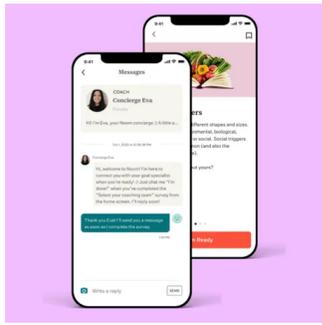
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## Shop Target holiday deals starting at \$3.50

Shop the best Target holiday deals on Christmas trees, lights and decor. Sign up for a free Target Circle membership to unlock the savings.

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# At risk for type 2 diabetes? Meet the Noom diabetes prevention program

The Noom Diabetes Prevention Program is designed to help users reverse prediabetes and prevent type 2 diabetes —here's what to know about it.

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