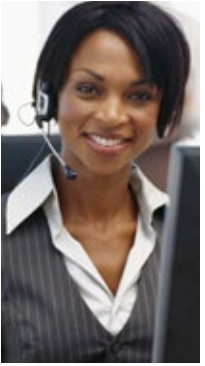




# BalanceWorks® Newsletter

August 2016 | Written by the work/life experts at eni



## Summer is Still Sizzling

We are right in the middle of summer and there is still time to squeeze in some fun in the sun! August is the perfect time for a great vacation, a quick getaway, a day trip, or just making the most out of your own backyard.

Make the most of the rest of your summer and take a look at the experts' top picks for summer fun.

### Beautiful Beaches

If you love the sand, sun and surf, start planning your beach vacation today. For some travel inspiration, the list below includes the beaches recommended by "Dr. Beach". Each year Dr. Beach evaluates America's beaches based upon criteria such as water, safety, and sand quality. Here are the top 10 beaches recommended by Dr. Beach for 2016:

1. Hanauma Bay Nature Preserve - Oahu, Hawaii
2. Siesta Beach - Sarasota, Florida
3. Kapalua Bay Beach - Maui, Hawaii
4. Ocracoke Lifeguarded Beach - Outer Banks of North Carolina
5. Coast Guard Beach - Cape Cod, Massachusetts
6. Grayton Beach State Park - Florida Panhandle
7. Coronado Beach - San Diego, California

8. Coopers Beach - Southampton, New York
9. Caladesi Island State Park - Dunedin, Florida
10. Beachwalker Park - Kiawah Island, South Carolina

### Fun Water Parks

If you prefer to cool down in the wave pool and by splashing down some water slides be sure to visit a water park this summer. According to the USA Today Reader's Choice Awards, these are the top 10 outdoor water parks in the United States:

1. Wilderness Resort - Wisconsin Dells, Wisconsin
2. Splashin' Safari - Santa Claus, Indiana
3. Schlitterbahn New Braunfels - New Braunfels, Texas
4. Aquatica Orlando - Orlando, Florida
5. Water World - Denver, Colorado
6. Aquatica San Antonio - San Antonio, Texas
7. Noah's Ark - Wisconsin Dells, Wisconsin
8. Water Country USA - Williamsburg, Virginia
9. Wet 'n Wild Emerald Pointe - Greensboro, North Carolina
10. Dollywood's Splash Country - Pigeon Forge, Tennessee

For more information or support on summer vacation planning, contact the work/life experts at **BalanceWorks®** by calling:

**1.800.327.2255**

eni's BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.



## Rustic National Parks

Anyone who loves hiking, camping, and the great outdoors should consider visiting one of the U.S.'s stunning national parks. According to National Geographic, the 10 most visited national parks include:

1. Great Smoky Mountains National Park – North Carolina and Tennessee
2. Grand Canyon National Park – Arizona
3. Rocky Mountain National Park – Colorado
4. Yosemite National Park – California
5. Yellowstone National Park – Wyoming, Idaho, and Montana
6. Zion Canyon National Park – Utah
7. Olympic National Park – Washington
8. Grand Teton National Park – Wyoming
9. Acadia National Park – Maine
10. Glacier National Park – Montana

## Scenic Cities

If you enjoy exploring great food, museums, and landmarks, check out one of America's scenic and exciting cities this summer. Can't decide where to go? EscapeHere ranked the top 10 cities as follows:

1. Hershey, Pennsylvania
2. San Antonio, Texas
3. Honolulu, Hawaii
4. Anchorage, Alaska
5. Denver, Colorado
6. New Orleans, Louisiana
7. Los Angeles, California
8. Las Vegas, Nevada
9. Orlando, Florida
10. New York City

## Charming Small Towns

On the other hand, some people prefer exploring the unique and diverse cultural experience of America's small towns. There are so many charming and interesting towns all across the nation. The Huffington Post recently released their recommendations for that perfect small town long weekend getaway:

- Fredericksburg, Texas
- Healdsburg, CA
- Gallup, New Mexico
- Beaufort, South Carolina
- Deadwood, South Dakota
- Traverse City, Michigan
- Port Townsend, Washington
- Corning, New York
- Estes Park, Colorado
- Woods Hole, Massachusetts
- Everglades City, Florida
- Bisbee, Arizona
- Birmingham, Alabama
- Rapid City, South Dakota
- Bowling Green, Kentucky
- Buffalo, New York
- Cedar Rapids, Iowa
- Toledo, Ohio
- Roanoke, Virginia
- Marshall, Texas
- Santa Cruz, California

Enjoy the rest of your summer and remember that eni's Personal Assistants are available to assist our members with their vacation plans. If you would like additional information on any of the destinations listed above or would like help planning your perfect summer getaway, contact your Personal Assistant today!

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