

FSD 145

Employee Wellness—Monthly Challenges



09.01.19—05.31.20

Who is this for? YOU!

As a school district, we want to lead the way with a wellness initiative that will encourage you to take an active role in managing your health. Becoming aware and creating habits toward a healthier lifestyle will have a positive, long term effect on staying healthy in the future. To encourage the development of healthy habits we have developed **Monthly Challenges** you may participate in throughout the school year.

Watch your emails for the Monthly Challenge specifics.

What's in it for me?

As well as learning about healthy habits you may turn in your challenge sheet to be entered into a drawing for that month's challenge prize.

Want to learn more?

Join us at the any of the Seminar Series events that interest you. There will informative speakers, good conversation and gift card drawings.

Seminar Series - 4:30 to 5:30 p.m. @Central Office Board Room

9-26-19 Snooze to Lose: How to Get Quality Sleep to Balance Your Health
Presented by Elizabeth Priller

11-21-19 Keeping a Healthy Mindset When Approaching the Holidays
Presented by Pat Leitzen-Fye

1-30-20 Matters of the Heart: Connecting Emotions to Physical Well-being
Presented by Elizabeth Priller

3-19-20 Balancing Lifestyles: Walking with Nordic Poles
Location Change: FHS Cafeteria
Presented by Karla Johnson