

EMPLOYEE WELLBEING

April | 2019

April is Volunteer Month

Regular volunteering is associated with many physical and mental health benefits by keeping your mind and body active. Did you also know it could count as your one Wellness Activity?

Check out any of these organizations to help you find the volunteer opportunity that best fits you.

www.handsontwincities.org

www.openarmsmn.org

www.gtcuw.org

www.volunteermatch.org

www.doinggoodtogether.org

Regular volunteering is eligible to be marked as Your Choice activity on www.healthpartners.com/wellbeing

Thinking about Omada?

Omada will be onsite at 360 Colborne on Tuesday April 30 at 5:00 p.m. in Room A.

Learn how you can join over 600 SPPS colleagues in Omada and make positive lifestyle changes to improve your overall health. No registration needed!

Twin Cities Marathon SPPS Team

Join your colleagues on the SPPS Team for the 2019 Medtronic Twin Cities Marathon events.

This year we are competing against Minneapolis Public Schools for the prestigious travelling trophy!

Go to <https://www.spps.org/Page/24003> for more information on how to sign up.

Saving for Retirement

Tuesday April 23, 2019 from 12:00 p.m. to 1:00 p.m. in Room B at 360 Colborne.

Horace Mann will share tips and strategies for saving for your retirement.

Smart Nutrition with Chef Marshall O'Brien

Seminars are scheduled for 2019.

Go to the [Employee Wellness](#) webpage for details and to register.

Be Well Moment

Take a moment each day to be thankful for something.

Share this with others by telling a colleague or friend you appreciate them.

When we lift each other up with positive words, the personal rewards are priceless.