

EMPLOYEE WELLNESS NEWSLETTER

November | 2017

Smart Nutrition Seminar- Surviving the Holidays

The end of the year is a time for social events and celebration, but it is also rife with stress, temptation and weight gain. In fact, many people gain weight during the holiday season and spend the rest of the year trying to lose it, only to repeat this behavior year after year. This presentation will teach you how to take control of your eating this holiday season and break this negative cycle.

The class includes an entertaining and fun cooking demonstration with delicious food samples, and easy recipes for home use.

Thursday, November 9, 3:45-4:45 p.m. at Washington Tech
Wednesday, November 15, 5-6 p.m. at 360 Colborne

Visit www.spps.org/employeehealth to register



Staff Yoga



- Four Seasons A+ Elementary
- Saint Paul Music Academy

For more details and to register, visit:
www.spps.org/employeehealth

NEW WAYS TO GET REWARDED IN 2018

What: Prize drawings

Deadline: May 31st, 2018

Requirements: Complete health assessment and TWO wellness programs*

Prizes: 4 Grand Prize winners; 15 additional prize winners

Grand Prizes: Apple watch, Blue Apron subscription, Friend that Cooks (inhome

personal chef experience) & gift card for a new bicycle!

Additional Prizes: Gift cards to local healthy vendors, Fitbits, and more!

*Must be two unique programs. Only one program can be Virtual Coaching

November Financial Education Presentation: **Investment Basics**

This course will cover some fundamental investment concepts, review some of the investment options that are available to you, and consider some general investment strategies.

This course will be offered on Thursday,
November 16th - 5:00 p.m. at 360 Colborne-
Conference Room J

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