

EMPLOYEE WELLNESS NEWSLETTER

October | 2017

You're Invited: Health and Benefits Fair

Wednesday, October 25, 2:30-6:00 at 360 Colborne

Join your colleagues for a fun and healthy event at 360 Colborne. The fair is a great opportunity to more about the benefits offered to you and how you can live a healthier life.

- Take part in breakout sessions
- Get a Flu Shot (Bring your insurance card)
- Speak with SPPS retirement vendors
- Get information on Open Enrollment
- Win fabulous prizes including: Fitbits, local gift cards, and other great gifts

Have you earned your 2018 Health Care Savings?

The deadline to earn the 2018 Health Care Savings is October 20, 2017. To earn the savings both employee and their covered spouse must complete the Wellness Initiative. The Wellness Initiative has two steps:

Step 1: Complete your Health Assessment, available at www.HealthPartners.com/wellbeing

Step 2: Complete your Wellness Program. For the list of available programs visit: www.spps.org/employeeewellness

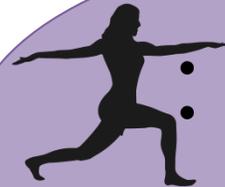
Smart Nutrition Seminars

We all live in this fast paced world that puts a strain on our lives that stresses us out and decreases our quality of life. While we can't buy more time, most of us overlook a simple solution that makes our lives better and helps us cope with all the issues that life throws in our direction. What we eat (and don't eat) has a profound effect on how we feel and how we perform.

Smart Nutrition Seminar- Foods for Better Sleep, Sleep for Better Health
- Wednesday, October 11, 4:30 p.m. at 360 Colborne
- Thursday, October 12, 3:30 p.m. at Washington

Visit www.spps.org/employeeewellness to register

Staff Yoga



- Four Seasons A+ Elementary
- Saint Paul Music Academy

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

October Financial Education Presentation: Financial Planning Basics

This course will take a look at some general financial planning concerns. While there is no such thing as a "one-size-fits-all" financial plan, this overview should assist you in thinking about your own needs.

This course will be offered on Thursday, October 12th - 5:00 p.m. at 360 Colborne-Conference Room J

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