

EMPLOYEE WELLNESS NEWSLETTER

December | 2017

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 (in home 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



Staff Yoga

- Como Park Elementary
- L'Etoile du Nord French Immersion

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



Smart Nutrition Seminar- Foods for Consistent Energy

The right foods boost your energy by providing your body the proper calories and hydration; they fuel your metabolism so that it functions efficiently. What you eat also affects your brain chemistry – which affects your mental energy level and your mood. By attending this presentation, you will learn which foods are best for maintaining your energy level throughout the workday and into the evening. This presentation includes an entertaining and fun cooking demonstration with delicious food samples, and easy recipes to make at home.

Tuesday, December 12, 5-6 p.m. at 360 Colborne
Thursday, December 14, 3:34-4:45 p.m. at Washington
Technology Magnet

Visit www.spps.org/employeeewellness to register

December Financial Education Presentation: Social Security

This course is designed to help you better understand your Social Security benefit options and the significant impact this income source has on your retirement.

This course will be offered on Thursday, December 14th - 5:00 p.m. at 360 Colborne- Conference Room K

Contact info:

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