

EMPLOYEE WELLNESS UPDATE

December | 2016

Employee Wellness Funding

If you are looking for funds to support employee wellness at your site, consider using the site grants available from HealthPartners. These funds can be used to fund activities and programs at your school. For more information and to request funds, contact Brian.

Contact info:

Brian Nepl
Health and Wellness
Program Manager
651-767-8154

District.Wellness@SPPS.org

HealthPartners Well-being
Service Center
952-883-7800

Staff Yoga will continue at two sites each month.

Take advantage of these free classes. For details visit:

www.spps.org/employee wellness

Let us know if your school is interested in hosting staff yoga



Frequent Fitness Program



Take advantage of the HealthPartners Frequent Fitness Program.

Earn up to \$20/month by attending the gym 12 times/month.

For more info visit: HealthPartners.com and click on Healthy Living

Need some help?

If you need help improving your health, managing a health condition, or meeting your health goals; working with a **HealthPartners Health Coach** is a great option. To get started, call your coach at **952-883-7800**.

