

EMPLOYEE WELLNESS UPDATE

February | 2017

yumPower
FRUIT & VEGGIE CHALLENGE



Join the 2017 yumPower Challenge

The yumPower Fruit and Veggie Challenge kicks off February 13 and goes through March 12.

- Record the number of fruits and veggies you eat each day of the challenge.
- Receive weekly email tips and recipes!
- The yumPower Challenge is a great way to complete your 2017 Wellness Program

For more information visit the Bridge or www.spps.org/employeeewellness

Retirement Income Planning- Thursday, Feb 16, 5-6:30 p.m.

This seminar will discuss planning for sustainable and lifelong income, taking into consideration your fixed income sources, as well as possible strategies to structure your investments to provide security during retirement. Visit www.spps.org/employeeewellness to register.

Staff Yoga



- Battle Creek Elementary
 - Starting Wednesday, Feb. 1
- Como Park Elementary
 - Starting Monday, Feb. 6

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

February Smart Nutrition Seminar : Beat Those winter Blahs

The holidays have passed, the novelty of the new year is wearing off and the days are cold and dark. For many of us, the winter doldrums bring the winter blahs.

Chef Marshall O'Brien will help you understand how you can stave off the winter doldrums by loading up on foods that elevate your mood, fight depression, prevent seasonal affective disorder (SAD) and add color to the dark, cold days of winter.

- Wednesday, Feb. 15, 4:30 p.m. at 360 Colborne
- Thursday, Feb. 16, 3:30 p.m. at Washington Tech

Visit www.spps.org/employeeewellness to register.

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