

# EMPLOYEE WELLNESS UPDATE

March | 2017

## March Smart Nutrition Seminar: Foods that Improve Mental Clarity

Studies show that nutrients in certain foods have a significant positive impact on brain functions such as learning and memory.

At this presentation, you will learn about cognition-improving foods that you should start bringing into your life. The session also includes an entertaining and fun cooking demonstration, delicious food samples, and easy-to-make home recipes.

- Tuesday, March. 14, 5:00 p.m. at 360 Colborne
- Wednesday, March. 15, 3:30 p.m. at Washington Tech

Visit [www.spps.org/employeewellness](http://www.spps.org/employeewellness) to register.

## March Training: Resolving Conflict

**-Monday, March 20, 4:30-5:30 p.m.**

This training focuses on using conflict in a positive way by seeking solutions to conflict rather than finding fault or by escalating the conflict. Communication skills, our attitudes and how we deal with anger are all elements of successful conflict resolution that are discussed in this training.

Visit [www.spps.org/employeewellness](http://www.spps.org/employeewellness) to register.

## College Planning-

Thursday, March 16, 5-6:30 p.m.

This course examines the cost of college today, projected costs for the future, and the building blocks that go into funding a college education. It will explore tax-advantaged ways to save for college, as well as the role of financial aid. Visit

[www.spps.org/employeewellness](http://www.spps.org/employeewellness) to register.



## Staff Yoga

- **Battle Creek Elementary**
  - Starting Wednesday, March 1
- **Como Park Elementary**
  - Starting Monday, March 6

For more details and to register, visit:  
[www.spps.org/employeewellness](http://www.spps.org/employeewellness)

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