

EMPLOYEE WELLNESS UPDATE

November | 2016

Holiday Weight Challenge



Join the Holiday Weight Challenge!

This 6 week challenge starts Monday, Nov. 21 and runs through Sunday, Jan 1. Focus on maintaining healthy habits over the holidays and find balance when enjoying the holidays.

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

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/employeeewellness

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



Financial Education Program



Take advantage of free financial education courses.

November topic:
Investment Basics

For more info, visit:
www.spps.org/employeeewellness

Make a Better You campaign

The Make a Better You campaign will help you become more resilient and allow you to successfully manage the challenging situations in your life.

November topic: ***The Power of Positivity***

For more information on these opportunities and to register, visit: www.spps.org/employeeewellness