

FSD 145

Employee Wellness Program



09.01.24 - 05.31.25

Who is this for? YOU!

As a school district, we want to lead the way with a wellness initiative that will encourage you to take an active role in managing your health. Becoming aware and creating habits toward a healthier lifestyle will have a positive, long term effect on staying healthy in the future. To encourage the development of healthy habits we will be continuing **Monthly Challenges** you may participate in throughout the program. Watch your emails for the Monthly Challenge specifics.

What's in it for me?

As well as learning about healthy habits you may turn in your Monthly Challenge sheet to be entered into a drawing for that month's challenge prize.

Participants in the Wellness Program may use the Payroll Deduction Agreement for fitness trackers over \$150.00. Order your tracker through Steve Owens in Purchasing to participate. Questions? Call Michelle Keister at 815.232.0305. Offer expires 12.31.2024

Virtual Seminar Series

Links to the seminars will be sent to you via e-mail.

Watch your email for specifics. All participants will be entered into a drawing.

Join the **Anxiety Detox** group! More information is included in your invite email.