

FSD 145

Employee Wellness—Monthly Challenges



09.01.20—05.31.21

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 have developed **Monthly Challenges** you may participate in throughout the school year.

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 challenge sheet to be entered into a drawing for that month's challenge prize.

Want to learn more?

Join us at the any of the Virtual Seminar Series events that interest you.

Participants in the Wellness Program may use the Payroll Deduction Agreement for fitness trackers over \$150.00. Order your tracker through Steve Owen in purchasing to participate. Questions? Call Michelle Keister at 815-232-0305. Offer expires 12/31/2020.

Virtual Seminar Series

September—From COVID to Calm: How to Cultivate Resilience in the Face of Uncertainty
Presented by Elizabeth Priller

November—Financial Wellness: Planning for the Holidays and the Future
Presented by Dr. Patrick McDermott

January—Sole to Soul Detox: How to Purify the Whole Self for Optimized Wellness
Presented by Elizabeth Priller

March—Return to Balance: How to Manage Your Stress Type with Ayurvedic Principles
Presented by Elizabeth Priller