

Wellness Wednesday on Friday 1.8.2021

They say better late than never! We appreciate the kind words about the new format (sliding gray chevrons). We loved it too. BUT, the platform does not like our new GFPS website and anything that is linked to it. We will work on that and hopefully be back to the new format for next week. For now, we will just send this email like we did before. Take care and Happy Friday!

All Things YOGA

Thinking about joining the FREE GFPS YOGA Classes? Kick off your 2021 self-care plan right now. Register once for all. GFPS staff - you are covered by the wellness program. Others get in touch, if you haven't already, for rates or questions. Let me know if you need help. After registering you will receive a confirmation email and link to join.

- **Tuesday morning yoga practices:** ZOOM open at 5:30 a.m. class starts at 6:00 a.m.
Register in advance for this meeting:
<https://us02web.zoom.us/meeting/register/tZ0vd-2oqjotHt3e2aHQ-2K6i1RUEdDp5GNK>
- **Wednesday evening yoga practices:** ZOOM open at 5:00 p.m. class starts at 5:30 p.m.
Register in advance for this meeting:
<https://us02web.zoom.us/meeting/register/tZwtduqtrDkjGtEGcobldR-gq5TGUKlvaQV>

2021 Healthy Habits BINGO

Need a little fun to get your self-care rolling? It is time for our annual "Healthy Habits BINGO Challenge". This challenge was designed to encourage participants to try a variety of activities to improve well-being. Simply complete the activities as you are able. [Click here to get the details!](#)

Fast Facts from Alluvion Health

Our partners at Alluvion Health always have super information to share with us. This week the Fast Facts sheet talks about the COVID-19 vaccine information. [Click here to view.](#)

Mindful Minutes

We like to share these each month. Both are fantastic. Pick the one that speaks to you. One is interactive links and one is to ponder and think about.

[HAPPINESS CALENDAR JANUARY 2021](#)

[GREATER GOOD CALENDAR JANUARY 2021](#)

Nutrition News

Do you have a healthy recipe to share with us? Send it to us and we would love to share it in an upcoming Wellness Wednesday. If not a recipe, a healthy snack or food option that has worked well for you. Just reply to this email.