

WELLNESS WEDNESDAY: 10.14.2020

GFPS Employee & Student News for Health, Wellness and Safety

Nutrition News

Shelf staples keep your kitchen running. For hassle-free healthy meals in a hurry, be prepared with a well-stocked kitchen. This means having basic ingredients in your cabinets, pantry, fridge, and freezer. [Click Here](#) to view. (Source: American Heart)

Mindful Minutes

Watch the Sky - Unless you're underground, you'll have at least one window around. Take a look outside and "see" the sky. If there are clouds, watch them for a few seconds or just enjoy the bright blue color of the clear sky.

Fast Facts from Alluvion

Last week the topic was Mental Health, but I linked the wrong document! [Click here](#) to view the correct Fast Fact sheet.

This week the topic is Breast Cancer Awareness. [Click here](#) to view.

October is Sudden Cardiac Awareness Month (Source: DPHHS)

▫ [Sudden cardiac arrest \(SCA\)](#) usually results from an electrical disturbance in the heart and is a medical emergency.

▫ Communities can come together and improve survival rates from SCA with help from the [Cardiac Ready Communities Program](#)

▫ Individuals need to know what to do in a [SCA](#). Learn [CPR](#) and how to use an Automatic External Defibrillator (AED).

In Case You Missed It:

YOGA News

We have received permission to restart YOGA! This will look a bit different than in the past when classes were held at our instructor Lisa Moore's studio. The two classes shared below are FREE to GFPS staff. Other classes are available for a fee. You must contact Lisa at freetobeyogamt@gmail.com to attend. Details below:

- Early Morning GFPS ZOOM Yoga Class Tuesdays 6:00 a.m. – 6:30 a.m. Lisa will send the ZOOM link the night before. You will need to email her at the above address prior to the evening before. She won't be able to send emails the morning of the early a.m. class.
- Early Evening GFPS Yoga Class Wednesdays 5:30 p.m. – 6:30 p.m. Sunnyside Elementary. CLASS CANCELLED 10-14-20

GFPS EAP Services For All Staff.

Need support? All GFPS staff members are eligible to access the EAP (Employee Assistance Program) even if they do not have the district health insurance plan. Call 1 (866) 750-1327 or go to MyRBH.com and enter "LifeMap" as your Group Code. Make sure to indicate you are an employee of Great Falls Public Schools. There is a 24-hour crisis line or an appointment can be scheduled

with a counselor right them. [Click here](#) for the two-sided informational flyer located on the benefits page of the [HR Department](#) or the [Employee Wellness](#) website.

GFPS Wellness Facebook Page

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