

# WELLNESS WEDNESDAY: 10.14.2020

## GFPS Employee & Student News for Health, Wellness and Safety

### Nutrition News

What a delicious way to get in a few extra vegetables! I am planning to make this [Mexican Quesadilla](#) recipe very soon!

### Mindful Minutes

*Good memories* - Many of us are attached to our smartphones. That makes it very easy to recollect good memories. Grab your phone and look for pictures from your favorite holiday or when you spent time with friends. Take a minute to look at a picture when you were having a good time with people close to you. Thinking about happy times can make you feel better.

### Fast Facts from Alluvion

- Additional Breast Cancer Awareness facts for this week. [Click here](#) to view this very important topic.
- Flu vaccine for students, staff and family members is available at the PGEC clinic for those who may have missed the other flu shot clinics. Please give them a call for details: 791-7924

### FREE Holiday Challenge Begins Next Month

Maintain, don't gain this holiday season with the 14th annual Holiday Challenge! Many of us have been participating for several years here at GFPS. We first heard about it from our community partners at Cascade County Health Department about 4 years ago. I look forward to it each year. No strings attached, just great information and motivation!

- This FREE 7-week program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes.
- Last year's Holiday Challenge was the largest to date with more than 40,600 participants from all 50 states, and 26 countries.
- The registration never closes, and you may sign up at any time.
- Dates are November 16 - December 31, 2020
- To learn more and to register, click this link: <https://esmmweighless.com/holidaychallenge/>

### MONTANA Virtual Town Hall Meeting: The Flavor Trap

This event takes place at 4:00 pm tomorrow, October 22, 2020. I am fairly certain it will be recorded, and I will be able to share that next week as the time isn't ideal. The topic is "How big tobacco uses candy flavors to hook MT kids -- and how we can stop this epidemic." Montana based speakers include Reg Hageman a HPE teacher at Capital High in Helena and Amanda Cahill from American Heart of MT and Chari of Montana Kids vs Big Tobacco Coalition. [Click here](#) to view the entire flyer and registration information.

### 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](mailto: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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