

# WELLNESS WEDNESDAY: 9.22.2020

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

We are glad to be back after a two-week hiatus! Each week in our Wellness Wednesday e-newsletter, we hope to have a few standing topics: nutrition, mindfulness, fitness, and of course the "timely" health facts section! Let us know if you find something interesting that we could share out to GFPS staff. Send it our way.

### Recipe Share

Check out this fantastic resource! [Click Here](#) and when you arrive at the page, scroll down a bit to view the varied recipe categories.

### Mindful Minutes

Walk Mindfully---Physical activities are always recommended for a healthy life. Walking can help to extract you from all the activities you have during the day. Get up from your desk and practice some mindful walking. Leave behind what you were doing and enjoy the mindful minute of walking.

### Greetings From Janelle Bowden, DNP, FNP-BC

[Click here](#) to meet Janelle Bowden, the new full-time Nurse Practitioner at Paris Gibson Education Center. She has included her hours and contact information. You will also find out the name of her black Aussiedoodle!

### Stop the Stigma: Stress, Substance Abuse & Self-Care September 21 – 27, 2020

Stop the Stigma is a weeklong community event in its fourth year. The event strives to stop stigmas associated with addictive disorders & mental health issues. All events are free and open to the public. Virtual options are available for most events. [Click Here](#) to view the informational poster with details of events. (Some events have ended.)

*"Why are America's Students so Stressed Out?"* is a special session designed specifically for students, parents, and the education community. The speaker is a local Doctor from Benefis. The talk will be recorded and available for viewing on YouTube after the event. [Click Here](#) to view the special informational poster for the students and stress talk taking place on September 24, at 7:00 pm. Registration information this virtual event is on the FB page @406StopTheStigma406.

### Worth Repeating:

#### 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 the GFPS classes (copy & paste email address). 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. **First class: 9.8.2020**

- Early Evening GFPS Yoga Class Wednesdays 5:30 p.m. – 6:30 p.m. Outdoor class please email Lisa for location and direction. **First class: 9.8.2020**

### **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**

Invite friends and family to our page. Search for Great Falls Public Schools Wellness **OR** GFPS Wellness.

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**Visit the Employee Wellness Website** Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

**Visit the Student Wellness Website** GFPS Guidelines, Smart Snack calculator, student health and wellness. +

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student