

Wellness Wednesday on Thursday Night:

1-2-2020.

1. Vaping Me Crazy Presentation for Parents & Community Members

Plan to attend this educational health event! The presentation is geared towards parents and all community members, really anyone concerned about the vaping crisis. For questions or more information please contact Jody Murray, GFPS Prevention Specialist at: jody_murray@gfps.k12.mt.us or 268-6770. This event is sponsored by: Cascade City County Health Department, SAPA (Substance Abuse Prevention Alliance) and University of Providence. [Click here](#) for the complete flyer.

Quick Details: **January 6, 2020 6:00-8:00 pm University of Providence Theater**

2. Fitness Updates

Circuit Training Class is in need of an instructor. Do you know someone who might be interested in teaching this class. Maybe it's you? Classes are held two times per week and typically held at the GFPS Fitness Center located at Paris Gibson Education Center. Reply to this email with questions or suggestions.

Plan to access one of the many **FREE** fitness options that are offered: ZUMBA, YOGA, water exercise classes and the FREE Fitness Center. [Click here](#) to view the details.

3. Carbon Monoxide: "The Invisible Killer" (source: DPHHS)

- Carbon Monoxide (CO) is an odorless, colorless gas that [sends approximately 50,000 people in the U.S. each year](#) to the emergency department.
- Winter is prime time for CO poisoning as people turn on their heating systems and mistakenly warm their cars in garages; make sure to [take extra precautions](#) in winter months.
- Protect yourself and your family by [installing and maintaining CO alarms](#) in your home and by knowing the [symptoms of CO poisoning](#).

4. Coffee craving kicking in?

Whether going to the coffee shop is a daily ritual or an occasional outing, there are many small, healthy changes you can make. For example, if a large coffee drink is your go-to, consider whether a smaller size would hit the spot.

[Redo your coffee shop stop](#)

[More beverage tips](#)

Coming Next Week:

- Healthy Habits BINGO
- Student Wellness Healthy Celebration Ideas Survey