

WELLNESS WEDNESDAY: 10.9.2019

Stand Up For Students October 10, 2019 – WEAR PURPLE

Stand Up For Students was founded by the Great Falls Association of Realtors to benefit homeless youth in Cascade County. Here are a few ways to participate:

- **WEAR PURPLE** – Purple is the official color to recognize homelessness and is used throughout the country as Code Purple to help the homeless.
- View the FB event page for the World Homeless Day happenings in Great Falls MT. There are several other events going on to support homeless youth.

Welcome to Stress FUNDamentals!

Life is on fast forward, and with it comes chronic stress that can impair your health, relationships and finances. Now you can rewind and start over — with the Blue Cross and Blue Shield of Montana **Stress FUNDamentals** program. **Stress FUNDamentals** provides simple tips and tools to help you effectively manage stress. Follow along each week in Wellness Wednesday as we add new information and tips. [Click here](#) to start the program with a personal contract and weekly schedule of topics.

Flu Shot Clinics 2019

- GFPS Flu Shot Vaccine Clinics are set for the month of October. Employees and spouses are eligible to attend. Pediatric shots are not available. [Click here](#) for the schedule or visit the GFPS Wellness site.
- Fire Station Flu Shot Fridays [Click here](#) for the schedule or visit the GFPS Wellness site.

Disability Employment Awareness Month from DPHHS

- Did you know, the [percentage of people with disabilities who are employed](#) (18.7%) is 47 percent less than people without disabilities (65.7%).
- [Employed individuals are healthier than people who are not employed](#); regardless of disability status. Employment can improve health by providing social, psychological, and financial benefits.

Plan to visit the sites below!

They are full of information regarding health, wellness and safety for staff and students. If you have anything to share with the GFPS Wellness committee, such as topics or ideas do let us know! WE would be glad to listen.

As always: 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

As always: 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 Wellness