

Wellness Wednesday: 12.18.19

From the GFPS Employee Wellness Team:

Best wishes for the Holidays, and for health and happiness throughout the coming year!

Fitness Center and Class Closures For the Upcoming Holiday Break

- The Fitness Center is closed December 21, 2019 to January 1, 2020 and will open up Thursday morning January 2, 2020 for regular hours.
- ZUMBA no class from December 21, 2019 to January 6, 2020. Class will begin on Tuesday January 7, 2020.
- Circuit Training no class from December 21, 2019 to January 6, 2020. Class will begin on Tuesday January 7, 2020.
- Great Falls High Pool will be shut down the entire break. Lap swim will resume on Jan. 2, Open swim will start on Monday Jan. 6, and Aqua Aerobics will resume on Tuesday Jan. 7.
- [Click here](#) to visit the Employee Wellness Website for the regularly scheduled times and dates.

Tech Talk Tuesday by Delaney Ruston, MD – Tips For Now or Later!

This time of year, everyone is busy running around trying to find the perfect gift. What people don't realize is you often don't need to go to a store to find it. Giving experiences can have a longer-lasting and greater impact than giving the latest toy, gadget, or piece of clothing. Experiences promote connectivity, togetherness, and lifetime memories, whereas, the latest and greatest thing has a shelf life, which is usually six months to a year until the next greatest thing comes out.

Today I share with you 8 holiday gift ideas for your loved ones ... and about 50 more ideas from our greater Screenagers' community. Check out these **FUN** [gift ideas](#).

Here are several other years to view too:

[12 Screen-less gift ideas](#) (2018)

[10 Non-tech gift ideas](#) (2017)

[13 Non-tech holiday gift ideas](#) (2016)

Welcome To Week 5 of the Challenge!

Now is the time for all the holiday parties, potlucks, and gatherings to ramp up. These can be some of the toughest days as food temptations surround us, days get shorter, and lives get busier. But this year will be different. You CAN say no to that second slice of pie. You CAN grab a flashlight and go for a walk in the evening. You CAN maintain and not gain. *For an extra boost of motivation, join the incredibly motivating [private Facebook group](#). Share your experience, accomplishments, struggles, and recommendations with others.* In case you missed it:

[Week 1 Newsletter](#)

[Week 2 Newsletter](#)

[Week 3 Newsletter](#)

[Week 4 Newsletter](#)

Latest Facts From the CDC on Vaping:

- This [public service announcement](#) provides information about e-cigarette, or vaping, product use-associated lung injury.
- As of December 10, 2019, a total of **2,409 cases** of hospitalized e-cigarette, or vaping, product use-associated lung injury (EVALI) have been reported to CDC from 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and U.S. Virgin Islands).
- **Fifty-two deaths** have been confirmed in 26 states and the District of Columbia (as of December 10, 2019):
 - Alabama, California, Connecticut, Delaware, District of Columbia, Florida, Georgia, Illinois, Indiana, Kansas, Louisiana, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Jersey, New York, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Utah, and Virginia
 - The median age of deceased patients was 52 years and ranged from 17 through 75 years (as of December 10, 2019).
 - More deaths are currently under investigation.
- Data suggest the outbreak might have peaked in mid-September. However, **states continue to report new cases, including deaths**, to CDC on a weekly basis.
- **[E-Cigarette, or Vaping, Associated Lung Injury in MT](#)**
- **At this time** - CDC and DPHHS strongly recommend refraining from using all e-cigarettes or vaping products while investigation continues.
- More information about the investigation is available on the [CDC website](#).