

Wellness Wednesday: 12.4.19

Breast & Prostate Cancer Screening Information

Thanks to Alluvion Health for reminding all staff about these very important preventative screenings. Please view the flyer for additional information. [Click here.](#)

Holiday Safety Information

Thanks to the GFPS Safety and Transportation Department for providing us with this important article regarding holiday safety. [Click here.](#)

Resources From the CDC (Center For Disease Control)

1. Plan to view this information from the CDC about various drugs. Visit their drug resource index: <https://www.justthinktwice.gov/drugs>
2. What do you know about vaping and marijuana? Test your knowledge by taking this short quiz: <https://www.justthinktwice.gov/quiz/quiz-vaping-marijuana>

How Does Color Affect Your Mood?

Our vibrant world is filled with colors, and they may affect you more than you realize. They can change your mood and your behavior, maybe even your diet. Before you redecorate, get dressed, or serve your next meal, plan to read this information. [Click here](#) to view.

December 2019 Happiness Calendar

[Click here](#) to visit this fun interactive monthly calendar!

2019 Holiday Challenge

It's not too late to join the (free) 2019 Holiday Challenge! Maintain, don't gain this holiday season with the annual Holiday Challenge! This FREE 7-week program provides you with access to weekly newsletters, daily tips, and healthy holiday recipes.

Join more than 38,000 participants from across the United States and around the world as we maintain and not gain this year!

To learn more and to register, [click here.](#)

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