

WELLNESS WEDNESDAY: 2.19.2020

1. EAP or Employee Assistance Program Available For All GFPS Staff

No matter what life throws your way, there's someone there to help you through it. A compassionate ear, expert advice, professional support. It's all just a call away if you need it. You have somewhere to turn. The EAP (Employee Assistance Program), which is run by Reliant Behavioral Health, gives you private, expert support to get you through tough times. This program is available to all GFPS staff members whether you have the health plan or not. [Click here](#) to view the flyer for this important resource.

2. No Choice is Too Small (Resource: MY Plate)

Every little bit of activity adds up. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk. Click on the links for more ideas! [Tips for Being More Active](#) [Move Your Way](#)

3. 7 Day Smartphone Detox

This 7-day phone detox schedule may help us detach from those little glowing screens. Let's work together to step away from the phone and instead better our lives and our relationships! **Are you in?** Sunday might be a challenge. Many of us don't have land lines any longer and it may be our only way people can contact us. Play that one by ear! Good luck! [Click here](#) to view the detox challenge.

4. Coming Soon: Fitness Center 101

Back by popular demand the "Fitness Center 101" Class.

- FREE one time class to demonstrate to participants how to use the FREE GFPS Fitness Center to the fullest and make your own fitness plan.
- The instructor will be Laurie Roberts, who teaches our GFPS Circuit Classes.
- The class will be about 45 minutes with 15 minutes for questions or additional comments.
- Class dates and times will be shared in next week's addition of Wellness Wednesday.

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 Wellness