

Wellness Wednesday:

3.11.2020

GFPS Employee & Student News For Health, Wellness and Safety

1. **IMPORTANT: Coronavirus (COVID 19) Information**

Up to date information is available on the GFPS website and in Newsbits.

- [Click here](#) for the Coronavirus (COVID 19) Fact Sheet
- [Click here](#) for the Coronavirus (COVID 19) Stop the Spread of Germs Sheet
- [Click here](#) for the Keep Our Schools and Staff Healthy Parent Letter
- [Click here](#) to visit the City County Health Department website.

2. **Walk This Way: Presented by Benefis Health System**

Spring brings fresh opportunities for Montanans to get out and enjoy our beautiful state. Attend this presentation by Benefis Health System for a deeper look into something many people think come naturally – putting one foot in front of the other. Learn about movement related topics including walking anatomy, biomechanics, shoe gear, injury prevention, program progression and motivational goal setting. Plan to attend: **Thursday, March 19** at the Cameron Auditorium on the East Campus from **6:00-7:00 PM**. **Free** and open to the public.

3. **March is National Nutrition Month!**

Check out the meal prep tips in this link: <https://esmmweighless.com/celebrate-national-nutrition-month-with-meal-prep/>

Friends can be an important part of your nutrition journey:

<https://esmmweighless.com/how-your-friends-could-influence-your-weight-loss-goals/>

4. **Fitness Center 101 Class**

- Fitness Center 101 is a FREE one time class to demonstrate to participants how to use the FREE PGEC Fitness Center to the fullest and make your own fitness plan.
- The instructor is Laurie Roberts, who teaches our GFPS Circuit Classes.
- **March 18, 4:45-5:45 pm** @ the PGEC Fitness Center 2400 Central Ave
- The class will be about 45 minutes with 15 minutes for questions or additional comments. Limit of 10 people.
- **RSVP** by replying to this email or calling Jody @ ext. 6770

5. **SAVE THE DATE: April 23, 2020 – 4:30-6:30 pm**

The Employee Wellness Team is planning a **fantastic** appreciation event for GFPS staff! Games for “young” and “old”, music and more! Plan to attend. Additional details coming soon in NEWSBITS and Wellness Wednesday!

6. **NEW & Improved Employee Wellness Site**

We have moved things around a bit and made it easier to access resources and information. Check it out: <http://gfpsweb.weebly.com/gfps-wellness.html>