

# Wellness Wednesday: 3.4.2020

## GFPS Employee & Student News For Health, Wellness and Safety

### 1. Happiness Calendar For March 2020

Great monthly resource to download and save. The [Happiness Calendar](#) is a day-by-day guide to well-being. It can help inject a bit of happiness into your everyday life with videos, articles, practices, podcasts, and other content. This month, choose silliness and common ground!

### 2. Vape Out Poster Contest Results!

Recently, nearly 200 of our 5<sup>th</sup> and 6<sup>th</sup> grade students participated in the GFPS Vape Out Poster Contest. Our community panel of judges planned to choose the top five posters, but ended up choosing the top ten! The posters were all very good. The list of winners will be shared in Newsbits on March 9, 2020. For now, we will share that Valley View had five winners, Mountain View had three, Sacajawea and Meadowlark each had one. Thanks to our community partners: Cascade County Health Department and Little Shell Tobacco Prevention Program for prizes and support. We are busy visiting the schools this week to deliver certificates and prizes.

### 3. In Other Related News!

This [news story](#) about vapes from Good Morning America was sent to me today! Plan to check it out.

### 4. Winter Trails Day 2020 – Spots Still Open!

Have you ever wanted to give snowshoeing or cross country skiing a try? Now is your chance! Guided snow shoe hikes as well as cross country skiing opportunities are available at this event! Equipment is provided, space is limited and registration is required. This Get Fit Great Falls **FREE** annual event takes place this **Saturday, March 7, 2020**. The event was rescheduled from February 1, 2020, that incredibly windy day! Go to the Get Fit Great Falls website to register and for more information.

Click here: <http://getfitgreatfalls.com/hikes-winter/>

### 5. GFPS YOGA Minute Week #2

Ready to give YOGA a try? Our YOGA instructor and GFPS teacher Lisa Moore is ready for you to join her. Lisa asked her current class participants “*What are the benefits of YOGA?*” Each week watch for us to add to the list of benefits. Week #2: Sanctuary – a place to just be for an hour, empowerment through growing physically stronger, camaraderie – spending time with great people.

GFPS Employees are able to attend class for free on Wednesdays: 5:00 - 6:00 pm **AND** Thursdays: 5:30 - 6:30 pm @ [Free To Be Yoga Studio](#) 1415 NW Bypass.

### 6. Worth Repeating: Financial Fitness - Common Cents

Personal finances can be a source of stress for many people. Check out the links below to read all about it. *This informational challenge is not intended to replace the advice of a financial planner.* Click here for the challenge and other resources: [Financial Fitness Challenge](#)