

Wellness Wednesday: 8.28.19

A very busy week for all, but we wanted to send out a bit of information about wellness opportunities that are coming up.

Fitness Center & Class Schedules 2019-20

We are getting the fitness class plans ready to roll! Due to a bit of construction and work being done in various locations, we will have additional updates soon. [Click here](#) for temporary schedules.

We do have the following **free** fitness opportunities ready to go:

- YOGA starts **TOMORROW!** 8-29-19 5:30-6:30 pm at Free To Be Yoga Studio at 1415 NW Bypass
- ZUMBA starts **TUESDAY** 9-10-19 4:30-5:30 pm at Whittier Elementary Gym 305 8th St N
- Stay tuned for information on: the GFH Pool, Circuit Training Class and the Fitness Center

Upcoming Community Events

Watch next week in Wellness Wednesday for detailed flyers about each event. All events have Facebook pages as well. Fun times ahead with family and friends while supporting great causes in our community!

- 9-8-19 @ West Bank Park: Great Falls 9/11 Heroes Run (5K run/walk) [Click here](#)
- 9-15-19 @ Big Mouth BBQ: My Best Day 5K and Kids' Dash [Click here](#)
- 9-22-19 @ Gibson Park: Central Montana Out of the Darkness Walk 2019
- 10-12-19 @ Gibson Park: YWCA & What Women Want Rankin Run (10K, 5K, 1-mile) [Click here](#)

Open Enrollment For Health Benefits

A friendly reminder that open enrollment for Health Benefits ends September 16, 2019. [Click here](#) for the meeting schedule.

Wellness Facebook Page

GFPS Wellness now has a Facebook page! We are sharing all sorts of wellness information. Make sure to like us! Search for the following page: [Great Falls Public Schools Wellness](#)

FALL Poker Walk

Your GFPS Wellness Committee has decided to host a FALL Poker Walk this year! We were rained out two years in a row in May. Save the date coming next week!

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