

## Wellness Wednesday: 9.11.19

### Important NEWS:

Nearly every day for weeks we have heard about the extreme danger of e-cigarettes. I have been receiving information for many, many years from MTUPP (Montana Tobacco Use Prevention Program). MTUPP is a trusted resource in the sea of news stories. [Click here](#) to view their website with daily updates.

### ZUMBA and YOGA Rolling Right Along!

Plan to give one of the fitness classes a try! FREE and FUN! [Click here](#) for the full schedule of Wellness offerings.

**ZUMBA** Tues/Thurs 4:30-5:30 pm @ Whittier Elementary Gym

**YOGA** Wednesdays 5:00 - 6:00 pm; Thursdays 5:30 - 6:30 pm Instructor: Lisa Moore

### From the GFPS Safety/Transportation Department: CA\$H

During the months of September through November, Montana School Boards Association invites you to participate in Safe Schools online safety training. Safe Schools offers online video safety training to all Great Falls Public Schools employees. [Click here](#) to access the video trainings information. You will be entered in a **\$50.00** gift card drawing upon completion of the survey. The drawing will end November 29th with the winners being announced the following week.

### More News From GFPS Safety/Transportation

Take a minute to view the following informative tips:

[8 Daily Workplace Safety Tips You can Implement Quickly](#)

[Workplace Safety Tips: A Comprehensive Resource](#)

### First Ever Employee Wellness FALL Poker Walk

**When:** September 25, 2019 (Wednesday) from 5:00-6:00 pm (Finish walk by 6:00 pm to be eligible for prizes)

**Where:** Location confirmed: River's Edge Trail -- Broadwater Bay Parking Lot

**What:** Grab a score sheet – Walk the path – Visit each station, draw a card – Return at the end.

**Who:** GFPS Employees, Family Members, Friends

**Prizes:** For staff members with Best Hands, Worst Hand, and Jokers!

**Also:** We could use a few volunteers to help with the Walk, 4:40-6:00 pm. Reply for more info!

### Upcoming Community Events

All events have Facebook pages. Fun times ahead with family and friends while supporting great causes in our community!

- 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](#)

### ENDING SOON: Open Enrollment For Health Benefits

A reminder that open enrollment for Health Benefits ends **September 16, 2019**. [Click here](#) for the meeting schedule. [Click here](#) for HR Benefits page. Scroll to bottom of left hand column.

### 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