

Wellness Wednesday: 9.18.19

We have a lot of information to share this week! Make sure to scroll all the way down this email so you don't miss anything!

Flu Shot Options 2019

Option 1#: City County Health Department option September 19 & 25, 2019 [Click here](#) for details or visit the GFPS Wellness site.

Option #2: GFPS Flu Shot Vaccine Clinics the month of October. [Click here](#) for schedule or visit the GFPS Wellness site.

2019 Stop the Stigma Events Coming Up

In an effort to open up the conversation surrounding mental health and addictive disorders, Great Falls community members and organizations came together three years ago to form Stop the Stigma, an annual weeklong series of events to educate the community on the myth about mental health and addictive disorders, which overlooks the incredible strength and resilience of people recovering from these issues. The events will take place October 1 & 3, 2019. Please [click here](#) to view the entire schedule of events for the week.

Aqua Exercise News

Aqua Exercise classes are going strong! Joy Louge, the instructor wants everyone to attend when you can. She is ready! Also, the pool is 84 degrees!

- Tuesday & Thursday: 7:00 - 8:00 pm
- Classes are held at the Great Falls High Pool.
- Class is FREE to all GFPS faculty and staff and open to the public at a cost of \$60 for each session.
- GFPS faculty and staff need to register with [Sharon Iszler](#) by email or call 268-6054 at Central Reception
- This is a great NO IMPACT, fun exercise class. No particular swimming skills are required.
- If you have questions, contact [Bob Stingley](#)

Open Enrollment Meeting News

Life Map generously donated two ipads to GFPS. Employees who signed in when attending an open enrollment insurance meeting were entered into a drawing. The two winners were: David Myles, Technology Core Technician and Lela Kohler, English teacher at EMS. Congratulations! Contact Heather in HR to claim your prizes.

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 article: [Safety in the Classroom](#)

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 event pages. Fun times ahead with family and friends while supporting great causes in our community!

- 9-22-19 @ Gibson Park: Central Montana Out of the Darkness Walk 2019
- 9-28-19 @ Lions Park: United Way 50th Family Fun Festival 10-2 pm
- 10-12-19 @ Gibson Park: YWCA & What Women Want Rankin Run (10K, 5K, 1-mile)

[Click here](#)

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