

Wellness Wednesday: 9.25.19

First Ever FALL Employee Wellness Poker Walk TODAY!

Grab your co-workers or meet friends from other buildings! It is going to be a beautiful day!

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

Where: NEW LOCATION: 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!

NOTE: Walk takes about 20-25 minutes. **BYOW—Bring your own water!**

WELCOA Employee Health Bulletins October 2019

WELCOA (Wellness Councils of America) is a national recognized health and wellness resource. Each link below is its own newsletter. Topics for this month include:

[Better Safe-Chiropractors: Aligning Your Spine and the Facts](#)

[Day In Day Out-Flossing Our Way to Better Health: Dental Hygiene](#)

[To Your Health-Liver Disease: How We can Help Our Liver](#)

Flu Shot Options 2019

GFPS Flu Shot Vaccine Clinics set for the month of October. Employees and spouses plan to attend. Pediatric shots not available. [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.

Upcoming Community Events

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

- 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