

## Wellness Wednesday: 9.4.2019

### Health in the 406: Focus on Air Quality from DPHHS

- From 2013–2016, [wildfire smoke affected approximately 69% of Americans](#); in 2017, no Montana air monitoring stations reported good air quality during the entire month of August.
- [Monitor air quality](#) in your area and plan outdoor activities accordingly.
- Know when to [cancel outdoor activities](#) by paying attention to [local air quality reports](#) and local guidance.

### 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:** TBD--We should know soon! We are typically at Gibson Park, but may need to revert to our old location of Broadwater Bay due to construction – Stay Tuned– Grab a card – Walk the path – Visit each station, draw a card – Return cards at end.

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

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

### September Happiness Calendar

The September Happiness calendar is all about gratitude and resilience. [Click here](#) to view the interactive calendar brought to you by the Greater Good Science Center.

### Upcoming Community Events

All events have Facebook pages. 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 reminder that open enrollment for Health Benefits ends **September 16, 2019**. [Click here](#) for the meeting schedule.

### 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