

From: [Wellness](#)
To: [EPS.MailList](#)
Subject: EPS Wellness Opportunities and the Hope Health Letter September
Date: Friday, September 03, 2010 11:57:03 AM



Welcome to the 2010-2011 school year!

This year the *EPS Wellness Program* has a variety of opportunities and offerings that will keep you healthy and fit throughout the year. Whether you are vowing to **start** getting healthy this year or you are already **there** we have a program for you!

The [Hope Health Letter](#)

September issue with a message from Dr. Cohn

WALKTOBER is BACK!

October 1st through October 31st

- **Registration opens September 13th!**
- **First 100 to sign up** will receive an eco-friendly canvas bag with wellness program logo!
- Easy, Fun, **ONLINE** Tracking.
- *Trek and Tweet!*
- Register as a **team (compete with Dr. Cohn's team☺)** or register as an **individual**.
- **GREAT** Prizes!
- Rewards for **ALL levels** regardless of abilities or fitness levels.
- **This year....school to school competition!** Schools whose team's average **the most consistent days exercised will win the new 2010 Walktober Hooded Sweatshirts.**

EPS Fitness Class Pass

- **One pass, unlimited** EPS fitness classes for 10 weeks!!
- [**Fit-Class-Pass Guidelines**](#)
- **\$50 for unlimited classes (\$40 if you register by September 27th)**
- 20+ classes per week. View [fitness class schedule](#).
- Print Fit-Class-Pass [Registration Form](#) (registrations no longer on CRS system)

EPS Employee 3 on 3 Basketball Tournament

- Saturday November 6th at HM Jackson High School
- Open gyms available for practice games
- Form your teams now...practice your winning strategy
- Print [Registration Form](#)

Seasonal *Flu/H1N1 Vaccine Clinics and Health Fairs*

- Take advantage of **FREE Seasonal/ H1N1 Flu vaccines** for EPS district employees (seasonal flu vaccine will be **combined with the H1N1 vaccine** this year)
- Attend **the health fair** with great offerings and local vendors
- **Registration is REQUIRED**
- Sign up through the [course registration system](#) (limited supply of flu vaccines-sign up **NOW**)

Location	Date	Time	Room #
North	Tuesday October 19th	3:00-5:00	Cafeteria
Evergreen	Wednesday October 20th	2:30-5:00	Cafeteria
Gateway	Thursday October 21st	3:00-5:00	Cafeteria
Everett	Tuesday October 26th	2:30-5:00	Cafeteria
Cascade	Wednesday October 27th	2:30-5:00	Cafeteria
HM Jackson	Thursday October 28th	2:30-5:00	Cafeteria
Longfellow	Wednesday October 27 th	10 am-1:00	Annex

Wellness BLOG and EPS Community Fitness Calendar

- Go to the [Wellness Blog](#) and enter your favorite healthy recipe,

wellness tip, hike, or new health/fitness “app”

- Go to the **EPS Community Calendar** and enter or find a run, hike, bike, open basketball game or marathon training group and have your EPS colleagues join/train with you! (District site>Staff>Wellness>Fitness>Community Calendar)

Weight Management

- **Weight Watchers at Work** meetings begin the week of October 25th!
- **Join one of the most successful weight loss programs available.**
- **Last year EPS staff lost 1,000 pounds with Weight Watchers at Work**
- **13 week meetings with 14 weeks of free eTools.**
- Go to the Wellness-Weight Watchers site for more information.
- Print [Registration Form](#)

Location	Day/Time	Introductory Meeting
Garfield Elementary	Mondays 3:45-4:45 (meeting 4-4:30)	Monday September 27 th @ 4pm Garfield Library
Jefferson Elementary	Mondays 3:45-4:45 (meeting 4-4:30)	Monday October 4 th @ 4pm Jefferson Staff Room
Penny Creek Elementary	Wednesdays 3:45-4:45 (meeting 4-4:30)	Wednesday September 29 th @ 4pm PC Staff Room

- **T.O.P.S** (Taking Off Pounds Sensibly) start a group at your school/site
- Contact Gail Buquicchio, Wellness Program Director for more information

Outdoor Activities

- **Get outdoors and have fun while hiking, biking, cross country skiing, and snow-shoeing with your colleagues.**
- **Check the Wellness Outdoor Activities site for calendar of events this fall and winter.**

The Wellness Challenge®

Starts January 1st 2011

- ***The Wellness Challenge®*** is a Web-based health incentive program that **rewards you** for making healthy choices.

Take a health risk assessment, talk to a health coach, record

- healthy behaviors throughout the year and receive up to \$200!
- **Look for more information on the *Wellness Challenge*® this fall.**

Whether you are already healthy, or on your way to becoming healthy we hope you will take advantage of our employee Wellness Program because..... your health matters to us.

May you be well throughout this coming school year!

