



“Step Into Wellness”

Employee Health and Wellness Events December

Date, Day, Time	Activity	Location
12/12 – Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Mich./Minn. Room
12/12 – Wednesday Noon-12:45 p.m.	“Preventing Diabetes: Don’t Sugar Coat It” webinar Must pre-register. Registrants can access webinar archive at any time within 20 days post presentation.	Webinar – access online or app. Email cathy-rasmusson@scusd.edu
12/13 – Thursday Noon-12:45 p.m.	Healthy Salad Potluck	Serna Center Indiana Room
12/19 – Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Minn./Mich. Rm.
12/19 – Wednesday 4:00-5:00 p.m.	“Understanding Eldercare Issues”*	Hiram Johnson - Library

*This presentation open to all employees. Qualifies for Classified Professional Learning credit

December Employee Recess Schedule

All Recesses are offered 2 times a day. Morning Recess–10:00 a.m. Afternoon Recess–3:00 p.m.

Date/day	Activity	Starting location
12/11 – Tuesday	“Where’s the Water”?	Starts 2nd floor lobby
12/12 - Wednesday	Pass the baton	Anywhere in employee areas
12/14 - Friday	Stairs Challenge	Starts 2 nd floor lobby
12/18 – Tuesday	Stretching activity	2 nd floor lobby
12/19 – Wednesday	Walk the Apple Path	Meet 1st floor lobby
12/21 – Friday	Beach Ball Toss	Anywhere in employee areas

Questions? Email Cathy Rasmusson, SCUSD Employee Wellness Coordinator healthybusiness2@gmail.com