



*"Step Into Wellness"*

## Employee Health and Wellness Events January

Date, Day, Time	Activity	Location
1/11 – Friday 4:00-6:00 p.m.	Resilience Advantage* – part 2	Hiram Johnson - Library
1/15 – Tuesday 4:30-5:30 p.m.	Financial Wellness "Enjoy life on a budget"	Serna Center Washington Room
1/16 – Wednesday Noon-12:45 p.m.	Healthy Salad Potluck	Serna Center Indiana Room
1/17 – Thursday 4:00-6:00 p.m.	"Organizing Skills: Declutter Your Life"*	Serna Center
1/16– Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Minn./Mich. Rm.
1/23 – Wednesday  10:30 a.m.-4:30 p.m.	<b>"Step Into Wellness" Employee Health Fair featuring: Health Screening Wellness Resources Massage, Prizes and More!</b>	Serna Center Community Rooms
1/23– Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Minn./Mich. Rm.
1/24 – Thursday Noon-1:00 p.m.	"Readiness for a Healthy Change"*	Serna Center
1/24 – Thursday 5:00-6:00 p.m.	"Readiness for a Healthy Change"*	Hiram Johnson - Library
1/30 – Wednesday 4:30-5:30 p.m.	Financial Wellness "Identity Theft & Savvy Spending"	Serna Center Washington Room
1/23– Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Minn./Mich. Rm.

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

Questions? Email Cathy Rasmusson, SCUSD Employee Wellness Coordinator [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com)