



“Step Into Wellness”

Employee Health and Wellness Events June

| Date, Day, Time | Activity | Location |
|--|--|---|
| 6/10-Monday 11:30 a.m. – 2:30 p.m. BY APPOINTMENT | Massage Cost: \$10 for 10 min. | Serna Center Delaware Rm. Schedule appointment online Email healthybusiness2@gmail.com to be on distribution list |
| 6/17–Monday 11:30 a.m.–1:30 p.m. Drop in & vote for your favorite! | <p style="text-align: center;">“Can’t Resist!” Healthy Eating Event</p> <ul style="list-style-type: none"> ● Salad tasting competition ● Produce picks ● Smoothies ● Prize drawings | Serna Center Bistro Questions? Email healthybusiness2@gmail.com |
| 6/19–Wednesday Noon-12:45 p.m. Archived 20 days | “The Power of Prevention” webinar Must pre-register. | Webinar–Access online or app. Email healthybusiness2@gmail.com Registrants can access webinar archive at any time within 20 days post presentation. |
| 6/19-Wednesday 10:00-11:00 a.m. Again 4:00-5:00 p.m.* | “Preventing Slips, Trips and Falls”* | Hiram Johnson Library Hiram Johnson – Library |
| 6/24-Monday 11:30 a.m. – 2:30 p.m. BY APPOINTMENT | Massage Cost: \$10 for 10 min. | Serna Center Delaware Rm. Schedule appointment online Email healthybusiness2@gmail.com to be on distribution list |
| 6/25-Tuesday Noon-1:00 p.m. Again 3:00-5:00 p.m.* | “Managing Stress”* | Serna Center Minn/Mich. Rm. Serna Center Minn/Mich. Rm. |

*Note: Presentations on are open to all employees and also qualify for Classified Professional Learning credit.

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