



"Step Into Wellness"

Employee Health and Wellness Events November

Date, Day, Time	Activity	Location
11/7 – Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Tenn. Rm.
11/13 – Tuesday Noon-1:00 p.m. Again 4:00-6:00 pm.	"Time Management"* "Time Management"*	Serna Center Hiram Johnson Library
11/14 – Wednesday Noon-1:00 p.m. Again 4:00-6:00 p.m.	"An Attitude of Gratitude"* "An Attitude of Gratitude"*	Serna Center – So. Carolina Rm. Hiram Johnson - Library
11/14 – Wednesday Noon-12:45 p.m.	"Overcoming Barriers to Weight Loss" 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
11/14 – Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Minn./Mich. Rm.
11/15 – Thursday Launch 8-week campaign	"Maintain Don't Gain" weight management campaign starts	Email Cathy Rasmusson Cathy-rasmusson@scusd.edu for details
11/28 – Wednesday 10:00 – 10:15 a.m.	Kickoff – STAIRS CHALLENGE	Serna Center - 1 st floor lobby
11/28 – Wednesday 5:00-6:00 p.m.	Yoga Class	Serna Center Tenn. Rm.

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

November 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
11/9 – Friday	Walking apple path	1st floor lobby
11/13 – Tuesday	Pass the baton	Anywhere in employee areas
11/14 - Wednesday	Walking apple path	1 st floor lobby
11/16 - Friday	"Where's the Water"?	2 nd floor lobby
11/27 – Tuesday	Beach ball toss	Anywhere in employee areas
11/28 – Wednesday	STAIRS CHALLENGE	2 nd floor lobby