



# Employee health & wellness day

## Friday, February 10, 2023

### Health & Wellness Day Challenge

The Wellness Day Challenge offers ideas for optional personal wellness activities you can do on Wellness Day or in the weeks before and after Wellness Day. Get the challenge sheet at [wellness.jordandistrict.org/day](https://wellness.jordandistrict.org/day)

Participants who submit their challenge sheet will be entered into a drawing for great prizes, activewear, gift baskets, event tickets, and even a \$5,000 vacation from Get Away Today! Bonus points will be awarded to those who participate in any of the activities with a colleague.

Activity	Points	Bonus (if done with a colleague)
Attend a <a href="#">2023 virtual class</a> on Wellness Day or watch a virtual webinar via <a href="#">PEHP</a> or <a href="#">Blomquist Hale</a>	10 pts/class	+5
Participate in an in-person <a href="#">wellness experience</a>	15 pts/event	+5
Write a <a href="#">thank you note</a> to someone who you work with who has impacted you positively	5 pts/note	N/A
Complete a random act of kindness (click <a href="#">here</a> for 100 ideas!)	5 pts/act	+5
Listen to, read, or watch something related to your wellness; <a href="#">share</a> one some ideas	10 pts/act	+5
Take an intentional walk of 2,000 steps or more (try a route inside or around your school)	10 pts/week	+5
Go out to lunch (treat yourself!)	5 pts	+5
Tidy up your workspace; <a href="#">Google Docs</a> or email inbox	10 pts	+5
Be proactive about your physical health i.e. attend a <a href="#">health screening</a> or schedule a check-up	10 pts	N/A
<b>Total Points</b>		



### Virtual Activities\*

Join the ZOOM at [wellness.jordandistrict.org/day](https://wellness.jordandistrict.org/day)

- **Meaning Making for Everyday Experience**  
9 - 9:30 a.m.
- **Wholeheartedness: The Cure for Exhaustion**  
9:30 - 10 a.m.
- **Setting Healthy Boundaries as Stress Management**  
10 - 10:30 a.m.
- **Mindfulness for Stress Management**  
10:30 - 11 a.m.
- **Creating Calm in Your Home**  
11 - 11:30 a.m.
- **Virtual Restorative Yoga**  
2:30 - 3:30 p.m.
- **Expanding Healthy**  
9:30 a.m. & 1:30 p.m.



### In-Person Activities\*

Sign up online at [wellness.jordandistrict.org/day](https://wellness.jordandistrict.org/day)

- **Restorative Yoga**  
11 a.m., 1 p.m. & 2 p.m.  
South Hills Middle School Dance Portable
- **Painting Activity**  
1 - 3 p.m.  
Easley Art Studio | West Jordan
- **Expanding Healthy Cooking Activity**  
9:30 a.m. & 1:30 p.m.  
Mountain Creek Middle School
- **Pickleball Open Play and Tournament**  
Ben's Pickle Ball Palace | South Jordan



### Free Offers\*

Community partners are contributing because they care deeply about teachers and all District employees. Get more info online at [wellness.jordandistrict.org/day](https://wellness.jordandistrict.org/day)

- Swig
- 7-Eleven
- Ahhhsome Relaxation
- Orangetheory Fitness
- Sköl Crossfit
- Jazzercise
- The HitFit Gym
- and more!



### Employee Health Fair

1-3 p.m. | Auxiliary Services Building Auditorium

Come meet with our benefit carriers and additional vendors such as PEHP, Dental Select, Opticare Vision Services, New York Life, Blomquist Hale, Aflac, CRX International, Harmons Dietician, Mountain America Credit Union, Encircle, Utah Poison Control and others.\* Attend to enter into a drawing for an Apple Watch or TV.

PEHP Healthy Utah testing and mobile mammograms will be available. Find instructions to schedule an appointment at [wellness.jordandistrict.org/day](https://wellness.jordandistrict.org/day). Space is limited.

\* Activities and offers subject to change. Please visit the website for the latest information.

Details on all these activities and offers can be found at [wellness.jordandistrict.org/day](https://wellness.jordandistrict.org/day) or scan the QR Code

