

Employee health & wellness day

Share your
experience on
social media
#JSDwellness

To help manage added stress associated with the COVID-19 pandemic, we are converting Friday, February 11, into a Health & Wellness Day for employees.



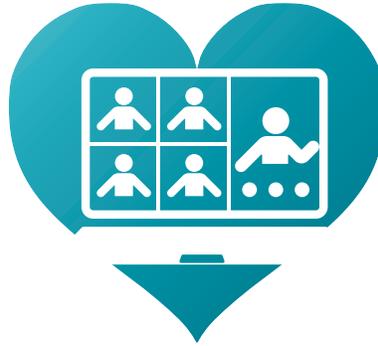
In-Person Activities*

Choose a time

Finding Fulfillment in Life & Work
Offered at 10 a.m. | ASB Auditorium
Preregister online. Walk-ins welcome.

**Restore your Sanity with the 3 C's
of Class Management**
Offered at 11 a.m. | ASB Auditorium
Preregister online. Walk-ins welcome.

Wellness Yoga
Offered at 9 & 11 a.m.
West Jordan Middle School



Virtual Activities*

Choose a time

**Everyday Strong: A new
approach to mental health**
Zoom Meeting at 1 p.m.

**Give Yourself a Valentine!
Self-Compassion Break**
Zoom Meetings at 9 a.m & 2 p.m.

**Stressbusters – Break up with
stress!**
Zoom Meeting at 9:30 a.m.



Free Offers*

Community partners are contributing because they care deeply about teachers and all district employees.

- Swig
- 9ROUND Kickboxing
- Orangetheory Fitness
- Lifetime Fitness
- Sköl Crossfit
- Planet Fitness
- Jazzercise
- The HitFit Gym

* 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
or scan the QR Code

