

# 2016 Wellness Activity Calendar

Subject to change

Promoting a Culture of Health, One Employee at a Time

| Month  | Activity  |
|--|---|
| January<br>Turn<br>Resolutions<br>into Results   | Weight Watchers comes to APS every Monday, beginning January 11 <sup>th</sup> – Bruce & Alice King Education Complex, Mondays at 5 p.m. West Conference Room, Rio Puerco  |
|  | “New Hire” Biometric Screening, January 16 <sup>th</sup> , Rio Puerco Room, Bruce & Alice King Educational Complex 6 a.m. – 11 a.m.   |
| February<br>Be Heart<br>Smart  | Healthy Wage Weight Loss Challenge with UNM & CNM begins on February 1 <sup>st</sup>  |
|  | National Wear Red Friday, February 5 <sup>th</sup> submit photos to <a href="mailto:employee.wellness@aps.edu">employee.wellness@aps.edu</a>  |
|  | Mindfulness Based Stress Reduction 5 –week session begins. February 9 <sup>th</sup> 5 p.m. Bruce & Alice King Educational Complex West Conference Rooms Register by emailing <a href="mailto:michelle@themindfulcenter.com">michelle@themindfulcenter.com</a> |
|  | Wellness Wednesday - free employee massages at selected school sites during lunch time February 17 <sup>th</sup>  |
|  | Kitchen Confidence - noon Lincoln Complex Conference Room February 19 <sup>th</sup> to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a>   |
| “New Hire” Biometric Screening, Rio Puerco Room, Bruce & Alice King Educational Complex 6 a.m. – 11 a.m. Saturday, February 20 <sup>th</sup>                                   |   |
| March<br>Improve your<br>Daily Diet  | Nutrition & Cooking Session – March 15 <sup>th</sup> 3:30 p.m. location and registration coming soon  |
|  | How to Deal with Harassment & Bullying in the Workplace 5:00 p – 6:00 p.m. March 17 <sup>th</sup> To register call EAP 884-9738   |
|  | Kitchen Confidence - noon Lincoln Complex Conference Room March 18 <sup>th</sup> to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a>  |
|  | Wellness Wednesday - free employee massages at selected schools sites during lunch time March 16 <sup>th</sup>  |
|  | “New Hire” Biometric Screening, Rio Puerco Room, Bruce & Alice King Educational Complex 6 a.m. – 11 a.m. Saturday, March 19 <sup>th</sup>   |
| “Spring Break March 28 – April 1 <sup>st</sup>   |   |
| April<br>Take Your<br>Workout<br>Back Outside  | How to Deal with Harassment & Bullying in the Workplace 5:00 p – 6:00 p.m. April 7 <sup>th</sup> To register call EAP at 884-9738   |
|  | Kitchen Confidence Cooking Session: noon Lincoln Complex Conference Room April 15 <sup>th</sup> to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a>                                       |
|  | Wellness Wednesday - free employee massages at selected schools sites during lunch time April 20 <sup>th</sup>  |
|  | Mammogram Screening at Bruce & Alice King Complex, 8 a.m. – 6 p.m. Thurs. – Fri. April 21 – 22 <sup>nd</sup> . Call 1-888.233.6121 to schedule your mammogram appointment   |
|  | Healthy Wage Weight Loss Challenge with UNM & CNM ends April 22 <sup>nd</sup>   |
| “Got Fitness” Walk Across America April 1 <sup>st</sup> – May 15 <sup>th</sup> log in to <a href="https://members.healthadvocate.com/">https://members.healthadvocate.com/</a> |   |

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| <p><b>May</b><br/>De-Stress Before Summer</p>              | <p>Physician Engagement Initiative Begins May 4<sup>th</sup> – September 30<sup>th</sup></p> <p>Kitchen Confidence Cooking Session: noon Lincoln Complex Conference Room Friday, May 13<sup>th</sup> to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a></p> <p>“New Hire” Biometric Screening, Rio Puerco Room, Bruce &amp; Alice King Educational Complex 6 a.m. – 11 a.m. Saturday, May 21<sup>st</sup></p> <p>Wellness Wednesday - free employee massages at selected school sites during lunch time May 18<sup>th</sup></p>  |
| <p><b>June</b><br/>Stay Healthy on Vacation</p>            | <p>Yoga begins June 6<sup>th</sup> at Bruce &amp; Alice King Educational Complex Monday – Friday 5:30 – 6:30 p.m. Registration required. <a href="https://www.surveymonkey.com/r/PGT76CG">https://www.surveymonkey.com/r/PGT76CG</a></p> <p>Wellness Wednesday - free employee massages at the Bruce &amp; Alice King Educational Complex, Wellness Center June 15<sup>th</sup></p> <p>Kitchen Confidence Cooking Session: noon Friday, June 17<sup>th</sup> Bruce and Alice King Complex West Conference Rooms to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a></p> <p>“New Hire” Biometric Screening, Rio Puerco Room, Bruce &amp; Alice King Educational Complex 6 a.m. – 11 a.m. Saturday, June 18<sup>th</sup></p> <p>Project Heart Start Annual Training at UNM Johnson Center. Saturday, June 18<sup>th</sup> 8 a.m. – noon. Sessions every hour on the hour.</p> |
| <p><b>July</b><br/>Summertime Safety Strategies</p>        | <p>Kitchen Confidence Cooking Session: Friday, July 15<sup>th</sup> noon Lincoln Complex Conference Rooms to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a></p> <p>Wellness Wednesday - July 20<sup>th</sup> free employee massages at Lincoln Complex 11 a.m. – 1 p.m.</p> <p>ACE Conference – Thursday, July 28 – Friday, July 29, Isleta Resort and Conference Center</p>  |
| <p><b>August</b><br/>Preventive Care for Better Health</p> | <p><b>WELCOME BACK TO SCHOOL!</b></p> <p>Wellness Wednesday - August 17<sup>th</sup> free employee massages at selected school sites during lunch time</p> <p>Second Annual Employee Wellness Program Grant Opportunity Begins August 25<sup>th</sup></p> <p>Employee Immunizations at the school sites begin August 30<sup>th</sup>.</p>   |

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| <b>September<br/>Fun with Fruits and Vegetables</b>  | <p>Nutrition &amp; Cooking Session September 20<sup>th</sup> 3:30 – 5:00 p.m. Jefferson Middle School. Details Coming soon!</p> <p>Kitchen Confidence Cooking Session: Friday, September 16<sup>th</sup>. noon Lincoln Complex to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a></p> <p>Wellness Ambassador Program begins September 1<sup>st</sup>. Contact <a href="mailto:employee.wellness@aps.edu">employee.wellness@aps.edu</a> for more information</p> <p>Wellness Wednesday –Sept. 21<sup>st</sup> free employee massage at selected school sites during lunch time</p> <p>Mindfulness Eating 5-week session with Michelle Duval from Mindfulness Based Stress Sessions. A new approach to weight loss. Begins September 6<sup>th</sup>. To register <a href="http://www.themindfulcenter.com">www.themindfulcenter.com</a></p> <p>2017 Wellness Incentive Program ends September 30<sup>th</sup></p>   |
| <b>October<br/>Fall Fitness for the Whole Family</b> | <p>“Think Pink Fridays!” Wear pink every Friday during the month of October to promote breast cancer awareness. Submit your photo and win prizes</p> <p>Benefits Switch/Open Enrollment – Mon - Fri. Oct. 21<sup>th</sup> - 28<sup>th</sup></p> <p>Employee Wellness Health Fair – Wednesday-Thursday, October 26 – 27. Alice &amp; Bruce King Educational Complex</p> <p>Mammogram Screening at Alice &amp; Bruce King Educational Complex, Wednesday, October 26<sup>th</sup> &amp; Thursday, October 27<sup>th</sup> Call 1.888.233.6121 to schedule your mammogram appointment</p> <p>Blood Drive at Alice &amp; Bruce King Educational Complex, Wednesday, October 26<sup>th</sup> Details coming soon!</p> <p>District-wide Wellness Wednesday - free employee massage during lunch time, October 19<sup>th</sup></p> <p>Kitchen Confidence Cooking Session: Noon, Friday, October 14<sup>th</sup> Lincoln Complex To register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a></p> |
| <b>November<br/>Ways to Ward off Chronic Disease</b> | <p>Mindfulness Based Stress Reduction with Michelle Duval. 5-week session. Begins Tuesday, November 1<sup>st</sup>. To register <a href="http://www.themindfulcenter.com">www.themindfulcenter.com</a></p> <p>Wellness Wednesday free employee massages at selected school sites November 16<sup>th</sup> during lunch time</p> <p>Employee Immunizations at the school sites end</p> <p>Kitchen Confidence Cooking Session: noon, Friday, November 18<sup>th</sup> Lincoln Complex to register <a href="http://abq-healthyevent.com/cooking-class.html">http://abq-healthyevent.com/cooking-class.html</a></p>  |
| <b>December<br/>Stress Less During the Holidays</b>  | <p>Holiday Cooking/Nutrition Session December 8<sup>th</sup> Lincoln Complex M Building <a href="http://www.aps.edu/staff/employee-wellness/documents/2016-documents/healthy-holiday-cooking">http://www.aps.edu/staff/employee-wellness/documents/2016-documents/healthy-holiday-cooking</a></p> <p>Wellness Wednesday – December 14<sup>th</sup> free employee massages at selected school sites during lunch time</p>   |