

2016 Wellness Activity Calendar

Subject to change

Promoting a Culture of Health, One Employee at a Time

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

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

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September Fun with Fruits and Vegetables	<p>Nutrition & Cooking Session September 20th 3:30 – 5:00 p.m. Jefferson Middle School. Details Coming soon!</p> <p>Kitchen Confidence Cooking Session: Friday, September 16th. noon Lincoln Complex to register http://abq-healthyevent.com/cooking-class.html</p> <p>Wellness Ambassador Program begins September 1st. Contact employee.wellness@aps.edu for more information</p> <p>Wellness Wednesday –Sept. 21st 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 6th. To register www.themindfulcenter.com</p> <p>2017 Wellness Incentive Program ends September 30th</p>
October Fall Fitness for the Whole Family	<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. 21th - 28th</p> <p>Employee Wellness Health Fair – Wednesday-Thursday, October 26 – 27. Alice & Bruce King Educational Complex</p> <p>Mammogram Screening at Alice & Bruce King Educational Complex, Wednesday, October 26th & Thursday, October 27th Call 1.888.233.6121 to schedule your mammogram appointment</p> <p>Blood Drive at Alice & Bruce King Educational Complex, Wednesday, October 26th Details coming soon!</p> <p>District-wide Wellness Wednesday - free employee massage during lunch time, October 19th</p> <p>Kitchen Confidence Cooking Session: Noon, Friday, October 14th Lincoln Complex To register http://abq-healthyevent.com/cooking-class.html</p>
November Ways to Ward off Chronic Disease	<p>Mindfulness Based Stress Reduction with Michelle Duval. 5-week session. Begins Tuesday, November 1st. To register www.themindfulcenter.com</p> <p>Wellness Wednesday free employee massages at selected school sites November 16th during lunch time</p> <p>Employee Immunizations at the school sites end</p> <p>Kitchen Confidence Cooking Session: noon, Friday, November 18th Lincoln Complex to register http://abq-healthyevent.com/cooking-class.html</p>
December Stress Less During the Holidays	<p>Holiday Cooking/Nutrition Session December 8th Lincoln Complex M Building http://www.aps.edu/staff/employee-wellness/documents/2016-documents/healthy-holiday-cooking</p> <p>Wellness Wednesday – December 14th free employee massages at selected school sites during lunch time</p>