

january

New Year, New You!



ALBUQUERQUE
PUBLIC SCHOOLS
Benefits Department



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
26 December	27	28	29	30	31/1 January
2	3	4	5	6	7/8
9	10 Mindfulness Based Stress Reduction, 5 – 6:30 p.m. Alice & Bruce King Educational Complex	11 Wellness Ambassador Training Lincoln Building M 4 – 7 pm	12	13	14/15
16	17 Mindfulness Based Stress Reduction, 5 – 6:30 p.m. APS Veteran's Outreach 4 – 7 p.m. Alice & Bruce King Educational Complex	18	19	20 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	21/22
23	24 Mindfulness Based Stress Reduction, 5 – 6:30 p.m. Alice & Bruce King Educational Complex	25 Wellness Wednesday Massages at Schools Sites	26	27	28/29
30	31 Mindfulness Based Stress Reduction, Alice & Bruce King Educational Complex 5 – 6:30 p.m.	1 February	2	3	4/5

february

Be Smart, Protect Your Heart



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Employee Wellness
Promoting a Culture of Health

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30 January	31	1 February	2	3 Wear Red Day Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	4/5 Walk at Work Fitness Challenge Begins
6 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room Healthy Wage Weight Loss & Fitness Challenge Begin	7 Mindfulness Based Stress Reduction, Alice & Bruce King Educational Complex 5 – 630 p.m.	8	9 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	10	11/12
13	14 Be Good to Your Heart Day Walking Event	15	16	17 Lunch & Learn, noon M&O, Lincoln Bldg.	18/19
20	21	22 Wellness Wednesday Massages at Schools Sites	23 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	24	25/26
27	28	1 March	2	3	4/5
6	7	8	9	10	11/12

march

Healthy Eating Made Simple



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Employee Wellness
Promoting a Culture of Health

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 February	28	1 March	2	3 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	4/5 Fitness Challenge Ends
6 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	7	8	9	10	11/12
13	14	15	16 Nutrition Month Food/Cooking Session Lincoln Building M 4:45 - 5:45 p.m.	17 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	18/19
20	21	22	23 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	24	25/26
27	28 Blood Drive, Alice & Bruce King Educational Complex 10:45 a.m.– 1:45 p.m.	29 Wellness Wednesday Massages at Schools Sites	30	31	1 April/2
3	4	5	6	7	8/9

april

Reduce Stress



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 March	28	29	30	31	1 April / 2
3 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	4 Mindful Eating 5 – 630 p.m. Alice & Bruce King Educational Complex	5	6	7 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	8/9
10	11 Mindful Eating 5 – 630 p.m. Alice & Bruce King Educational Complex	12 Mammograms at Alice & Bruce King Educational Complex 8 a.m. – 6 p.m.	13 Mammograms at Alice & Bruce King Educational Complex 8 a.m. – 6 p.m.	14	15/16
17	18 Mindful Eating 5 – 630 p.m. Alice & Bruce King Educational Complex	19	20	21 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	22/23
24	25 Mindful Eating 5 – 630 p.m. Alice & Bruce King Educational Complex	26 Wellness Wednesday Massages at Schools Sites	27 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	28 La Plazita Farmers Market at M&O	29/30
1 May	2	3	4	5	6/7

may

Shape Up for Summer



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 May Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	2 Mindful Eating 5 – 630 p.m. Alice & Bruce King Educational Complex*	3	4	5	6/7 Healthy Wage Weight Loss Challenge Ends
8	9	10 Wellness Wednesday Massages at Schools Sites	11 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	12	13/14
15	16	17	18	19 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	20/21
22	23	24	25 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	26	27/28
29	30	31	1 June	2	3/4
5	6	7	8	9	10/11

june

Healthy Travels



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
29 May	30	31	1 June	2 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	3/4
5 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	6	7	8	9	10/11
12	13	14	15	16	17/18
19	20	21	22 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	23 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	24/25
26	27	28 Wellness Wednesday Massages at Alice & Bruce King Educational Complex	29	30	1 July/2
3	4	5	6	7	8/9

july

Turn Everyday Activities in to Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
26 June	27	28	29	30	1 July/2 2018 Wellness Incentive Program Begins
3 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	4	5	6	7 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	8/9
10	11	12	13	14	15/16
17	18	19 Wellness Wednesday Massages at M&O Lincoln Conference Room	20	21	22/23
24	25	26	27 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	28 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	29/30
31	1 August	2	3	4	5/6

august

Improve Your Financial Health



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 July	1 August	2	3	4 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	5/6
7 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	8	9	10 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	11	12
14	15	16	17	18	19/20
21	22	23	24 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	25 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	26/27
28	29	30 Wellness Wednesday Massages at School Sites	31	1 September	2/3
4	5	6	7	8	9/10

september

Add More Fruits & Veggies



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Employee Wellness 2017
Promoting a Culture of Health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 August	29	30	31	1 September Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m. Employee Flu Shots begin at schools	2/3
4 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	5	6	7	8	9/10
11	12	13	14	15 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	16/17
18	19 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	20	21	22	23/24
25	26 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	27 Wellness Wednesday Massages at School Sites	28 Noontime Food/Cooking Demonstration Alice & Bruce King Educational Complex West kitchen area	29	30/1 October 2018 Wellness Incentive Program Ends
2	3	4	5	6	7/8

october

Find Balance



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Employee Wellness 2017
Promoting a Culture of Health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
25 September	26	27	28	29	30/1 October
2 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	3 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	4	5	6 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	7/8
9	10 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	11 Wellness Wednesday Massages at School Sites	12	13	14/15
16	17 Mindfulness Based Stress Reduction Lincoln Complex Building M 190 A&B 5 – 6:30 p.m.	18	19	20 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg. Benefits Open/Switch Begin	21/22
23 Benefits Open/Switch Enrollment	24 Benefits Open/Switch Enrollment	25 Health Fair Benefits Open/Switch Enrollment	26 Health Fair Benefits Open/Switch Enrollment	27 Employee Immunizations at School Sites End Benefits Open/Switch Enrollment End	28/29
30	31	1 November	2	3	4/5

november Prevent Diabetes



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Employee Wellness 2017
Promoting a Culture of Health

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
30 October	31	1 November Diabetes Academy Lincoln Building M 4:30 p.m. – 6:30 p.m.	2	3 Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	4/5
6 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	7	8	9 Project Heart Start Quarterly Compression Only Training Alice & Bruce King Educational Complex	10 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	11/12
13	14 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	15 Wellness Wednesday Massages at School Sites	16 Noontime Food Demo, Alice & Bruce King Ed. Complex West kitchen area	17	18/19
20	21 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	22	23	24	25/26
27	28 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	29	30	1 December	2/3
4	5	6	7	8	9/10

december Express Gratitude



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
27 November	28	29	30	1 December Blood Pressure Alice & Bruce King Educational Complex 10 a.m. to 2 p.m.	2/3
4 Blood Pressure 7:30 – 9:30 a.m. M & O Lincoln Conference Room	5 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	6	7	8 Lunch and Learn, noon Alice & Bruce King Educational Complex Lunch & Learn, noon M&O, Lincoln Bldg.	9/10
11	12 Mindful Eating Lincoln Complex Building M 5 – 6:30 p.m.	13 Wellness Wednesday Massages at School Sites	14	15	16/17
18	19	20	21	22	23/24
25	26	27	28	29	30/31
1 January	2	3	4	5	6/7





