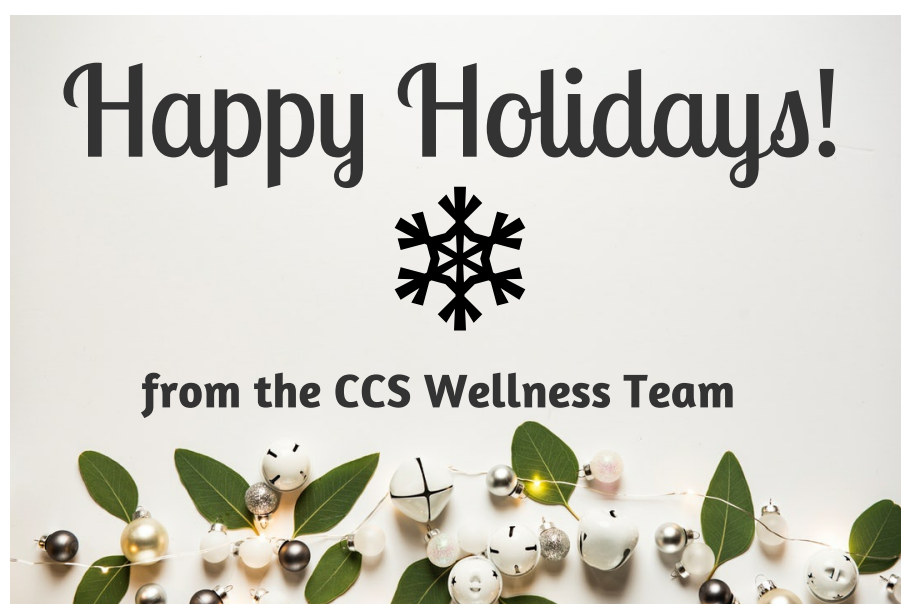


CCS WELLNESS INITIATIVE

January 2019



WELLNESS UPDATES

SAVE THE DATE : 2019 BIOMETRIC CLINICS

EARN A \$50.00 GIFT CARD*

MEET ONE-ON-ONE WITH A REGISTERED NURSE

LEARN VALUABLE INFO ABOUT BENEFITS + YOUR HEALTH

Be proactive about your health. Know your numbers!

If you have Medical Mutual Insurance through CCS, starting January 1, 2019 you are able to attend one biometric clinic per the 2019 calendar year. Meet one on one with a CCS nurse after your biometric appointment to discuss your results, learn valuable info about benefits, and receive tools to support your personal health. Click to view the [January - April 2019 biometric clinic schedule](#) and [instructions](#) to make an appointment.

*Gift cards are considered a form of compensation and are subject to employee payroll taxes.

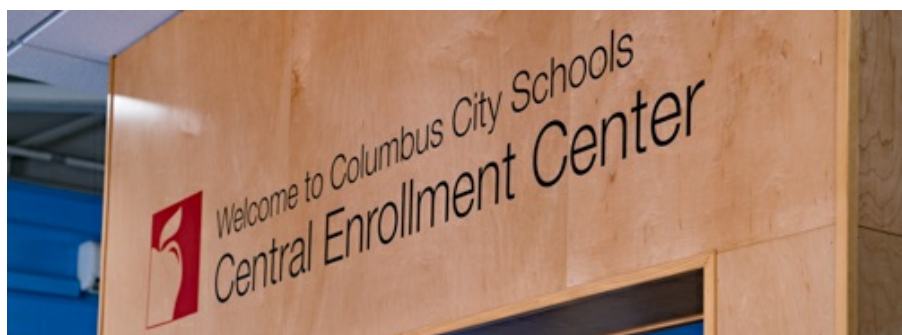
ORDER 2019 WELLNESS DESK CALENDARS



Fill out a request form to receive a 2019 "Healthy Bodies, Active Minds" Wellness Calendar, while supplies last. The calendar contains monthly sheets for January 1 - December 31, 2019. **When placing your order on the request form, please indicate if you need (1) calendar refill or (2) red leather binding and calendar refill.**

[Click here](#) to complete and submit a 2019 Wellness Desk Calendar request form by **Friday, January 4, 2019**.

HOLIDAY ZUMBA SESSION AT CENTRAL ENROLLMENT



The CCS Wellness Initiative will be hosting a Holiday Zumba Session at Central Enrollment during winter break! **Classes will be held from 4:45-5:30 PM on Thursdays - 12/20, 12/27 & 1/3.** Click to view [flyer](#) and help us spread the word to interested staff. [Pre-register](#) for Holiday Zumba classes at Central Enrollment on our [CCS Wellness Portal](#).

JANUARY - APRIL 2019 FITNESS CLASS SCHEDULE



Let's kick off 2019 with a healthy routine! We have added three new classes to our schedule. [Click here](#) to view the January-April 2019 Fitness Class Schedule. Classes begin January 7, 2019.

Note: If you did not participate in a fitness class last year, you must visit the Wellness Portal to sign your electronic waiver before participating in any onsite wellness programming. [Click here](#) to view attached instructions to sign your electronic waiver.

GUIDANCE RESOURCES ONLINE

DON'T LET STRESS DAMPEN YOUR HOLIDAY SPIRIT!

The holidays bring opportunities to share the festive season with family and friends and ideally allows time for rest and reflection. We realize that these moments can be overshadowed by daily stress. For many people, the holidays can be a source of anxiety and pressure. Click to view [tips](#) for coping with stress and getting more cheer out of your holidays.

If you find yourself overwhelmed, you may find information from our Employee Assistance Program beneficial. **Guidance Resources is Columbus City Schools' Employee Assistance Program (EAP).** **Personal issues, planning for life events or simply managing daily life can affect your work, health and family.** [Guidance Resources](#) provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents.



CALL
800.774.6420

ONLINE
[GuidanceResources.com](#)
Use Web ID: CCS

APP
GuidanceResources Now

HEALTHIEST BUS COMPOUND AWARD WINNER

CONGRATULATIONS MORSE ROAD BUS COMPOUND!

The CCS Wellness Initiative is proud to announce that Morse Road has won the "Healthiest Bus Compound Award"! **For the 2nd year in a row, Morse Road earned this honor because they had the largest percentage of staff receive their flu shot.** All bus compound staff were encouraged to receive a flu shot to protect their health and the health of others belonging to our CCS community.

We know that the more staff who are immunized supports the goal of having staff and students present and ready to work and learn. Way to go Morse Road Staff!



STAFF WELLNESS SPOTLIGHT

Amy Diehlmann

Substitute Secretary, Columbus City Schools

■ Hello, CCS community! At times, it's hard to believe I'll be turning 50 in the new year and it's also my ninth year working with the District. I want to appreciate the blessings in my life and it helps when I can remember wellness as my own journey, instead of someone else's picture of perfect health. I became more interested in my overall health, when I started addressing personal challenges and seeking assistance with them.

Over the years, I've connected with numerous resources, which have inspired me to explore the U.S. and worked in a variety of environments, including hospitals, a health food store and an organic farm. I enjoy meeting people from all walks of life and learning about their experiences, and I value participating in programs related to holistic nutrition, healing, communication, etc.

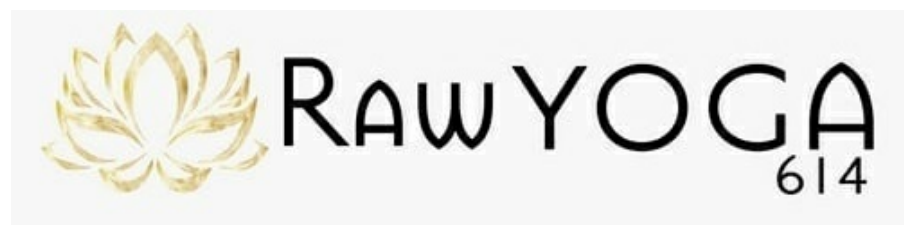
Recently, I benefited from attending a mindfulness course offered through CCS' Wellness Department, and I'm very grateful for the District's growing attention and measures, which are supporting healthier students, staff, families and communities. Best wishes to you all! ■



Do you have a wellness success story? We want to hear about it! Tell us about your wellness journey and be featured on our Staff Wellness Spotlight. Please send your story to syerramilli@columbus.k12.oh.us

CCS FITNESS PERKS

RAW YOGA 614



We are proud to announce our newest fitness discount partner - Raw Yoga 614!

RawYoga614 is a yoga and massage studio located in Reynoldsburg and Olde Towne East Columbus. They strive to make yoga more accessible and comfortable for everyBODY because yoga IS for EVERYBODY. CCS employees pay **\$5.00 for their first yoga class** at Raw Yoga 614. Learn more about Raw Yoga 614 offerings [here](#) and check out their [website](#) for more information.



WWW.RAWYOGA614.COM | 614-421-7522
7539 EAST MAIN STREET, REYNOLDSBURG, OHIO



View a full list of CCS fitness membership discounts and locations for employees [here](#).