

# BACK to School with WELLNESS

## WELLNESS UPDATES

### CCS FLU SHOT CLINICS IN SEPTEMBER - NOVEMBER



Flu season is just around the corner and anyone can be a potential target. A flu shot is your best protection against the debilitating effects of this virus. CCS Wellness has partnered with Maxim Health Systems to host onsite flu shot clinics.

We strongly encourage you to take advantage of this benefit, to protect yourself, loves ones and the CCS community from the flu! [Click here](#) to view flyer. See the September-November schedule for flu shot clinics around the district on our [wellness website](#).

### CCS FITNESS CLASSES START OCTOBER 1st

Start with school year with a healthy routine! Our fitness class schedule begins on Monday, October 1st. We will be announcing our fitness class schedule in mid-September. Stay tuned for the October-December 2018 Fitness Class Schedule and more information sent through email and posted on our wellness website.



## GUIDANCE RESOURCES ONLINE



Need advice on making a smooth transition from summer break to the 2018 - 2019 school year? Visit Guidance Resources for tips and resources on tackling everyday challenges to start off the school year strong!

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

## NEW FALL OFFERINGS FOR STAFF

### CELEBRATING AND SUSTAINING GENERATIONAL WEALTH WITH ELLEN M. HARVEY



CCS Wellness Initiative is proud to present "Celebrating and Sustaining Generational Wealth" with Ellen M. Harvey. This FREE three-part financial wellness series will highlight the significance of managing credit and debt, providing the knowledge necessary to improve one's credit and credit score. Ellen will offer tips and methods on budgeting and saving, now and for the future. You will learn to protect your assets and change your mindset from just living your life to building a life. [Click here](#) to view flyer.

- **When:** Wednesday, September 19; Wednesday September, 26; Wednesday October 3
- **Time:** 4:30-6:00 PM
- **Attendance:** Staff are welcome to sign up for just one, or all three sessions!
- **Where:** Paul Lindquist Room @ Hudson Distribution Center (737 E. Hudson St. Columbus, OH 43211)
- **Cost:** FREE
- **Sign up:** [CLICK HERE](#) to register for Financial Wellness Sessions with Ellen M. Harvey. Guests of staff members must complete registration, too. Plenty of seats available!



### ABOUT THE INSTRUCTOR | ELLEN M. HARVEY

Ellen M. Harvey, owner of Ellen M., brings 20 years of experience confronting the financial challenges faced by minorities, women, and the economically and socially disadvantaged. Combating the disparities between the have and have-nots, the informed and uninformed with trainings, public speaking and public speaking and one-on-one consulting on such topics as Financial Literacy, Homebuyer's Education, Investing in Real Estate, Credit Repair, Taxes made Simple and Creating your Own Wealth through Entrepreneurship. Ellen brings a unique perspective and understanding to building/rebuilding one's life having to rebuild herself after the mortgage industry crash and loss of her prior business as a result.

### MINDFULNESS BASED STRESS REDUCTION WITH SYLVIE LESTRADE GRAFF



Mindfulness helps us learn the discipline to remain in the moment and cut the clutter from our lives.

Columbus City Schools' staff are eligible to participate in a FREE 8- week Mindfulness Based Stress Reduction (MBSR) Program based on mindfulness meditation and mindful- Hatha yoga. [Click to view flyer](#) and visit the MBSR website to sign up for the Fall 2018 session.

- **When:** September 17- November 17, 2018
- **Day:** Tuesday, Wednesday, and Thursday. Participants sign up for 1 day per week and should attend on that weekday through the course. \* in addition to attending one class per week, there is a "Silent Retreat" on November 10 or 11 that is an all-day class. This event will be from 8:45 AM- 4:30 PM. **NOTE: Monday class is at full capacity. Space available in Tuesday, Wednesday, Thursday classes.**
- **Time:** 5:45 PM- 8:15 PM
- **Attendance:** Please commit to attending class for the full 8 weeks. Once you sign up for a specific day, you are required to attend class the same day each week. \*\*If you are not able to make class in the case of an emergency or conflict, you can attend a class on a different day of the week.
- **Where:** 1066 N. High Street Columbus, OH (formerly known as the Third Avenue Performance Space and now called The Church)
- **Cost:** FREE! It is required that all participants attend all 8 classes. Participants will be required to write a few sentences after each class about their personal experiences with the program, the difficulties or successes that they faced during the course, etc. Of course, the anonymity and privacy of the participants will be respected.
- **Sign up:** (1) Go to: [www.MBSR-Sylvie.com](http://www.MBSR-Sylvie.com) (2) Click on "MBSR PROGRAM" tab (3) Choose "Eight- Week MBSR Program" (4) Scroll down and click on the "SIGN UP FOR THE MBSR PROGRAM" **\*\* Use CCS MBSR as the subject \*\***

## STAFF WELLNESS SPOTLIGHT

### LESA GRUESEN MS, BSN, RN, LSN

#### Nursing Case Manager for Medically Fragile Students

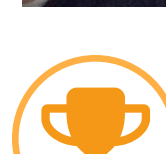
"As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others." - Audrey Hepburn

Hello I am Lesa Gruesen a School Nurse in Columbus City Schools. I have embraced and cherished being a nurse throughout my years. As life and our journeys present themselves I have refocused on the importance of finding my inner wellness. As Audrey so eloquently stated, she first addresses the need for our "one hand to help ourselves".

I find that in order to have inner wellness I need to silent my mind and self. There are so many gifts that present themselves to us throughout everyday, if we would just pause and become mindful of the moment, we could receive those gifts along with the many health benefits that present themselves.

Nature is truly our amazing gift. Whether I am taking a long walk, working in my yard and garden cultivating my herbs and vegetables, there is a peace that presents itself to me every time. Time is so often the blockage in our everyday life as we find ourselves running here and there, working, taking care of others and checking off our to do list.

I would ask each of you, for your own well-being and health, to start giving yourself a gift every day of 10 - 20 minutes of quieting your minds and/or bodies. Get yourself outside and let nature revive you. You will find that this will give you many gifts of peace, calmness, gratitude, patience, understanding, forgiveness, strength and the stamina to use "your other hand for helping others." ■



**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](mailto:syerramilli@columbus.k12.oh.us)



**Stay mindful while you're at work.** [Click here](#) for five mindfulness tips to be healthy, happy and productive in the office.

## CCS FITNESS PERKS

### NEW HIP HOP FITNESS CLASS OPPORTUNITY

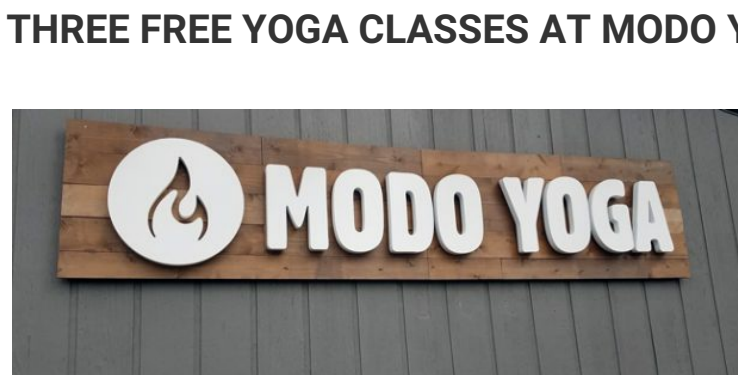


CCS Wellness is excited to promote a new hip hop fitness class opportunity for staff- SWERVE HIP HOP FITNESS

Come and enjoy working out in a non-judgement environment where everyone belongs and is a part of their fitness family. They provide a culture of accountability, comradery, and inclusiveness. Everyone is welcome in the class, regardless of fitness levels or dance skills. The choreography provides a level of challenge that beginners are able to build upon and more advanced individuals are able to enjoy as well. Each class is power-packed, calorie- burning and results- oriented while providing an element of fun.

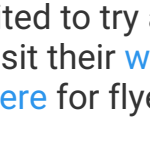
CCS employees are invited to try a FREE WEEK of Swerve Hip Hop Fitness classes. Visit their [website](#) for class schedule and list of locations. [Click here](#) for flyer and coupon!

### TRY THREE FREE YOGA CLASSES AT MODO YOGA



**Did you know that CCS employees receive 3 FREE Modo Yoga classes and a 20% discount off Live Well or Be Free Memberships?**

Relax your mind, body and soul with Modo Yoga Columbus! Modo Yoga Columbus offers a form of hot yoga that combines the precision of therapeutic yoga and the foundations of traditional yoga in a specially heated room. The series is a cardiovascular workout that strengthens, tones and loosens the muscles, while calming the mind and reducing stress. [Click here](#) to view flyer and more information about Modo Yoga Columbus [discounts](#).



**Looking for more fitness discounts for CCS employees?** Visit our [PERKS](#) tab for a full list of discounts and locations.