

CCS WELLNESS INITIATIVE

November 2018



WELLNESS UPDATES

LAST CHANCE - UPCOMING FLU SHOT CLINICS THIS MONTH



State and federal health officials are recommending people six months and older get a flu shot as soon as possible. More than 80,000 Americans died of the flu in the winter of 2017-18, the highest number in more than a decade. Although 90 percent of those deaths were in people 65 and older, the flu also killed 180 young children and teenagers. We want to urge all staff to get vaccinated and to encourage others to get vaccinated. **Help fight the myths that scare off some people – such as the common misconception that flu shots can cause flu.**

CCS staff say "Boo!" to the Flu! Get vaccinated before flu activity peaks and earn wellness points. The more of us who get the flu shot has the potential to decrease the number of individuals who will get the flu. Let's all work together to keep each other healthy. [Click here](#) to view Say Boo to the Flu Flyer for more information.

▶ To view the remaining CCS staff flu shot clinic dates, visit the wellness website by [clicking here](#).

LEAN AND GREEN CAMPAIGN



The Wellness Initiative has joined our Food Service department in promoting the **Lean and Green campaign**.

The mission of the campaign is to promote healthier, more sustainable choices by offering all meatless entrees on Mondays, in addition to offering a meatless lunch entrée each school day. It is an effective way for our students to enjoy the numerous benefits associated with eating plant based meals. The Lean and Green campaign is a great opportunity for you to incorporate delicious meatless options into your diets, while learning about the health benefits of a plant based diet. Scientific studies show that reducing meat in your diet and eating more fruits and vegetables is a key way to fight obesity and prevent heart disease and cancer.

Please join Columbus City School's Lean and Green campaign and enjoy the benefits associated with eating plant based meals. Here's to your continued good health!

▶ Looking for more information about the Lean and Green Campaign? The Humane Society has great resources, toolkits and delicious, plant-based recipe ideas in time for your Thanksgiving meals! [Click here](#).

GUIDANCE RESOURCES ONLINE

TIPS FOR A STRESS-FREE HOLIDAY

Thanksgiving is around the corner! It's time to start planning your feasts with your family and friends. If you are hosting this year's gathering, remember that you can celebrate Thanksgiving without breaking the bank. Guidance Resources has great money-saving tips from planning your event to deciding on the menu.

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
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JOIN THE MEN'S HEALTH MOVEMENT

CELEBRATE MOVEMBER

The Movember movement was created to address some of the biggest health issues faced by men and encourage them to get their recommended screening. The biggest health issues men face are prostate cancer, testicular cancer, mental health and suicide.

Did you know that prostate cancer is the second most common cancer in men, and rates are on the rise? By 2030 there'll be 1.7 million men living with prostate cancer. It's already killing hundreds of thousands of men each year, and those who survive face serious side effects. Getting recommended screenings helps to detect this cancer early which can prevent serious health complications.

Take action towards your health. For more information on recommended screenings [click here](#). For CCS Staff who are insured through Medical Mutual, visit [medmutual.com](#) and log on to My Health Plan for useful preventative information and help finding a health care provider if you need one.

This Movember, grow your mustache and build awareness for Men's Health. When people ask what you are up to, share this important information with them!



STAFF WELLNESS SPOTLIGHT

Maria Lee

Environmental Health and Safety Secretary

I am a mother of 7, grandmother of 9 and know some about embracing wellness goals. With lifestyle changes, individuals and families can prevent obesity, type 2 diabetes, substance abuse that impact our CCS community.



A diagnosis of osteoarthritis resulted in me having bilateral hip replacements. Since then I adopted the Arthritis Foundation recommendation to stay active in order to decrease pain and increase flexibility.

CCS Workplace Weight Watchers helps me to eat lean and green to stay "on track" with my nutrition goals! CCS yoga class gives me a beautiful balance of stretching and meditation.

Monitoring the Buildings and Grounds CCS wellness bulletin board gives me an opportunity to provide wellness tips for my coworkers. Visit [movember.com](#) to learn about health of the men you care about!



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

▶ Learn more about taking advantage of the CCS **Weight Watchers at Work** program and CCS onsite **fitness classes** on our wellness website.

CCS FITNESS PERKS

JADE YOGA & WELLNESS



CCS Wellness is proud to announce a new yoga discount at Jade Yoga and Wellness. Jade Yoga and Wellness offers yoga and nutrition counseling. Located inside The Shops at Worthington Place, their expertly taught yoga classes offer clear instructions for all levels, ranging from beginner to advance. Jade Yoga and Wellness's Registered Dietitian is available for one-on-one and group counseling, educating individuals based on their nutritional needs.

CCS employees enjoy their first yoga class for FREE and receive 20% discount off the first yoga class pass of 10 or 20 classes. Use promo code: CCSDROPIN. Offer is valid for new clients only. Limit one per client. **Must be purchased in store with a valid Columbus City Schools employee ID.

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

[Click here](#) to view a list of services, class schedule and prices. View Jade Yoga and Wellness flyer [here](#).