



Dear Wellness Champions,

The following wellness bulletin board materials are for September - December 2019. **We ask that materials are posted during the first week of each month to keep your staff informed about upcoming wellness events and benefits information.**

Materials can also be found on the MONTHLY OBSERVATIONS tab on our wellness website: ccsoh.us/wellness

For questions or concerns, please email syerramilli@columbus.k12.oh.us. Thank you for your continued support in making our Wellness Initiative a success.

Stay Well,

CCS Wellness Initiative

POST FOR SEPTEMBER – BACK TO SCHOOL WITH WELLNESS

- Flu Shot Clinic Information flyer (keep on board for September– November)
- Back to School with Wellness flyer (keep on board September – December)
- Yoga Studio Fitness Discounts flyer
- Bike/ Walking Safety flyer

POST FOR OCTOBER – BREAST CANCER AWARENESS MONTH

- Wear Pink postcard
- Mindfulness Based Stress Reduction class flyer
- Spoonful of Sugar flyer

POST FOR NOVEMBER – MOVEMBER (MEN’S HEALTH)

- Movember postcard (on the back of Wear Pink postcard)
- Who’s at Risk Diabetes flyer

POST FOR DECEMBER – FINANCIAL WELLNESS MONTH

- Financial Wellness Checklist flyer
- 8 Tips to Avoid Holiday Weight Gain flyer