

BE WELL HPS



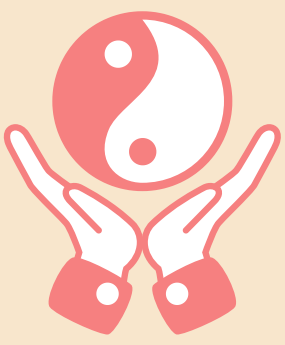
Staff-Focused Health & Wellness Opportunities

MINDFULNESS SESSIONS

Free, virtual mindfulness and meditation sessions every Monday from 4:30-5:00 PM and Wednesday from 4:15-4:45 PM. The sessions will include Mindfulness stories and meditations to help you find peace, live more in the moment, restore your energy, and bring balance to your life.



STRESS MANAGEMENT LEARNING SESSIONS



"Dealing with Stress During COVID," a presentation helps participants develop coping skills for managing their own stress and for reducing stress in those around them. It also offers skills for helping reduce stress in children.

STEP UP CHALLENGE

Over 17 weeks, staff will Step Up to meet the challenge goal by tracking their steps weekly with the opportunity to get some exciting incentives along the way. Let's all Step Up together! The HPS Step Up Challenge will kick off on Monday, February 8, and conclude on Friday, June 4.



YOGA AND FITNESS CLASSES



Free virtual yoga and fitness classes every Wednesday at 5:00pm-6:00pm. All classes are for all levels of yoga experience and practice and focus on increasing strength, flexibility, mindfulness, and cardiovascular fitness. Classes will start Wednesday, February 10!

HPS STAFF RUNNING GROUPS

In collaboration with the Hartford Marathon Foundation, we will be organizing running groups for staff. Virtual running groups (or in-person, when safe) will be organized through sign up. Training programs will be provided by Hartford Marathon Foundation, depending on running levels and goals.



WELLNE\$\$ SCHOOL MINI GRANTS

Nellie Mae Education Foundation grant provides a one-time opportunity for all schools for mini-grants totaling \$500-\$1,000 for all schools

Learn more & register today!

intranet.hartfordschools.org/BeWell

Visit often to explore new opportunities.