

OAK GROVE SCHOOL DISTRICT

WELLNESS WEDNESDAY

SEPTEMBER 7, 2022

SEPTEMBER APPRECIATION DAY

Sept 20 - National IT Professionals Day

SEPTEMBER AWARENESS WEEKS

Sept 1-7 - International Enthusiasm Week

Sept 1-7 - National Nutrition Week

Sept 4-10 - Suicide Prevention Week (US) (Week of 10th)

Sept 11-17 - National Assisted Living Week

Sept 12-17 - Balance Awareness Week

Sept 18-24 - National Reye's Syndrome Week (third full week) (US)

• Sept 18-24 - Build A Better Image Week (third full week)

Sept 18-24 - National Clean Hands Week (third full week)

Sept 18-24 - National Indoor Plant Week (third full week)

Sept 18-24 - World Reflexology Week (third full week)

Sept 19-25 - National Rehabilitation Week

Sept 19-25 - Pollution Prevention Week

Sept 25 - 1 - Chimney Safety Week



DELTA DENTAL - NEWS

September is Healthy Aging Month

Great oral health habits can help you maintain your smile for a lifetime. Click the link below to learn why maintaining your oral health is an important part of maintaining your overall health as you age.



Healthy Aging Month
Delta Dental
hhsaoot.com

[Click HERE](#)

KEEP YOUR COOL IN HOT WEATHER!

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
 - Wear loose, lightweight, light-colored clothing and sunscreen.
 - Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



BAKED FRESH

Gluten-Free Double Chocolate Chip Cookies



[Click HERE](#)

These super chocolatey treats are loaded with better-for-you ingredients like coconut oil, applesauce, and flax meal. You can store them airtight at room temperature for up to 3 days, but we're pretty sure they'll be eaten up before that!

Five ways reading can improve health and well-being

- 1). Reading Can Reduce Stress
- 2). Reading Can Slow Cognitive Decline
- 3). Reading Can Improve Sleep
- 4). Reading Can Enhance Social Skills
- 5). Reading May Boost Intelligence

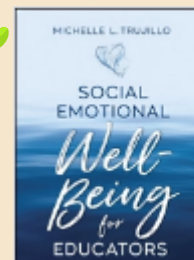


Start With the Heart

Igniting Hope in Schools Through Social and Emotional Learning

us.corwin.com

[Click HERE](#)



Social Emotional Well-Being for Educators

us.corwin.com

[Click HERE](#)



CALM AFTERNOONS WITH KAISER PERMANENTE

Our new webinar series— **Calm Afternoons with Kaiser Permanente** — is starting next week! We invite you to join us each Thursday for a 30-minute afternoon reset and leave rejuvenated with shareable resources. Over the course of this two-week virtual webinar series, our Workforce Health Consultants will equip you with wellness resources to share with employees and help you find a bit of calm by practicing short, guided meditations using the Calm app. Calm is the #1 app for meditation and sleep — designed to help lower stress, reduce anxiety, and more. After exploring guided meditations, we will share self-care resources related to mental health, healthy weight, and social health.

Click on each event to register for the upcoming Workforce Health Learning series:



Healthy Weight | Thursday, September 8, 2022 from 2-2:30 p.m.

In this session, we will share the Returning to Now meditation on the Calm app, as well as review some resources to support healthy. Click [HERE](#) to register for this session.

Social Health | Thursday, September 15, 2022 from 2-2:30p.m.

In this session, we will share the Loving Kindness meditation on the Calm app, and discuss social health resources available to you and your employees. Click [HERE](#) to register for this session.

