

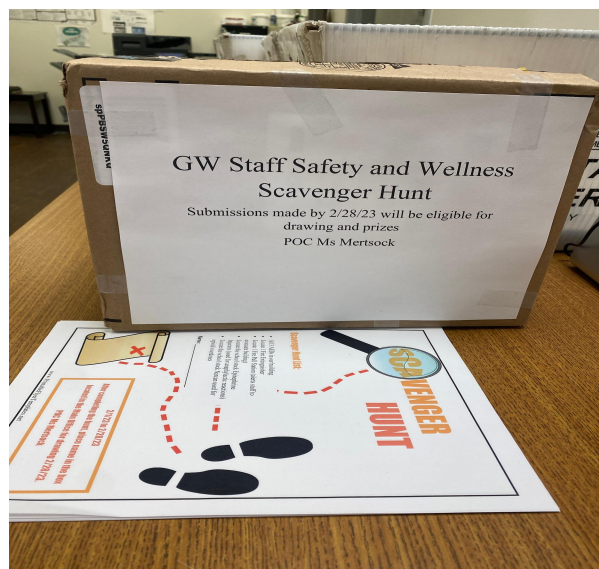


MARCH NEWSLETTER

Employee Wellness Monthly Highlights

Our Wellness Champions based at each school are diligently working to plan quarterly events for school staff for the 3rd and 4th quarters.

George Washington Middle School's Staff Safety and Wellness Scavenger Hunt was such a huge hit they had to find more prizes! Way to go, Prexies!



If you think of a fun idea share it with your school's Wellness Champion!

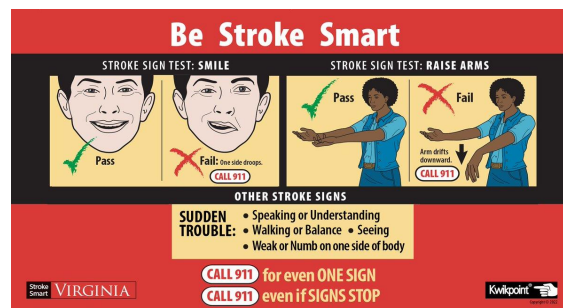
District Wellness Challenges & Events



[ACPS Wellness Bingo](#) is in mid-swing and our district-wide for the third quarter is a bingo challenge running February 13 - March 24th. For every 5 squares completed, your name will be entered once into the ACPS Employee Wellness raffle. There will be a total of 50 raffle winners. To submit your Wellness Bingo cards complete the [Google form](#) by **March 24th**.

Free [pre-recorded webinars](#) on health and well-being are being offered by United Healthcare. There is a comprehensive library of presentations consisting of over 70 health-related topics. Access them at your convenience from work or home.

Monthly Wellness Announcement



Become **Stroke Smart** through our partnership with Stroke Smart Alexandria! This can be done asynchronously at a convenient time. Register in [PLMS](#), receive two recertification points, and become a Stroke Smart Champion!

Course Title: *Stroke Smart Training*

Course #: *17212*

ACPS Employee Assistance Program (EAP)

ACPS offers an [Employee Assistance Program](#) through Hartford. EAP offers immediate, no-cost assistance for emotional or work-life counseling, financial information, and legal support and resources: 1-800-96-HELPS (1-800-964-3577).

Insurance Provider Monthly Highlights



Find [community resources](#) to support your total health and non-medical needs. There is individual and family support, money management, legal, social enrichment, spiritual enrichment, sports and recreation, and much more! Sponsored by Kaiser, but welcome to all.

Insurance Provider Resources



Both ACPS providers offer a variety of resources that support wellness. Find support on fitness, nutrition and recipes, preventive care, weight management, and more. To learn more visit [ACPS Employee Wellness](#) and select your insurance provider.