

# 2023 ACPS WELLNESS WEEK

## NOV. 27- DEC. 1



ACPS will host our first ever Employee Wellness Week, from Mon., Nov. 27, through Fri., Dec. 1, 2023. The employee wellness week will include themed virtual events, COVID-19 and flu shot clinics at multiple sites throughout Alexandria and a free wellness gift for all employees. More details about vaccination clinics are on page two of this flyer. To receive your employee wellness gift, please contact your building-level wellness champion. All webinars and vaccination clinics are free of charge to all ACPS employees (including full-time, part-time, contracted and casual employees). Please note that all web links provided are case sensitive and must be entered exactly as seen below.

# 27

## MINDFUL MONDAY/HEALTHY AGING

WEBINAR PRESENTED BY KAISER PERMANENTE 4-5 P.M.

To register and attend: <https://acps.cc/MindfulMondayHealthyAging>



# 28

## SOOTHING STRESS/SLEEP FOR HEALTH

WEBINAR PRESENTED BY UNITED HEALTHCARE 4-5 P.M.

Join here: <https://acps.cc/UHCSoothingStress>



# 29

## HEALTHIER EATING FOR THE HOLIDAYS

WEBINAR PRESENTED BY UNITED HEALTHCARE 4-5 P.M.

Join here: <https://acps.cc/UHCHealthyEating>



# 30

## MOVE, LEARN, LAUGH AND HAVE FUN

WEBINAR PRESENTED BY MOVE2LEARN 4-5 P.M.

Join here: <https://acps.cc/Move2LearnWebinar>



# 01

## BECOME STROKE SMART

WATCH AND LEARN AT YOUR OWN PACE IN PLMS.

[HTTPS://ACPS.CC/STROKESMART](https://acps.cc/STROKESMART)

LICENSED STAFF ARE ELIGIBLE TO EARN TWO PROFESSIONAL LEARNING CREDITS.



# 2023 ACPS COVID-19 AND FLU SHOT HUBS



**All ACPS staff (including full-time, part-time, contracted and casual staff) are welcome to attend any of the vaccination clinics. All participants must present a form of identification, complete a consent and registration form found in the QR codes below.**



Registration Voucher



CVS Consent Form

**NOV  
29**

## **FRANCIS C. HAMMOND MIDDLE SCHOOL**

4646 SEMINARY RD. ALEXANDRIA, VA 22301

**NOON-4 P.M.**

**NOV  
30**

## **ACPS CENTRAL OFFICE**

1340 BRADDOCK PL. ALEXANDRIA, VA 22314

**NOON-4 P.M.**

**DEC  
01**

## **ALEXANDRIA CITY HIGH SCHOOL--KING STREET CAMPUS**

3330 KING STREET. ALEXANDRIA, VA 22302

**NOON-4 P.M.**