

SAVE THE DATES!!!

WELLNESS EVENTS 2023-2024



Calcasieu Parish School Board

3310 Broad Street
Lake Charles, LA 70615

Phone: 337-217-4240

Fax: 337-217-4242

Events 2023

Date/Time

- | | | |
|--|-----------------|--|
| • Wellness Fair
Lake Charles Civic Center
christushealth.org/Event/cpsb2023 | 3 points | • Sat.
Sept. 16
7:00AM-
11:00AM |
| • CPSB Health
Benefits Q&A
Sulphur High Library | 1 point | • Thurs.
Sept.21
5:30PM |
| • CPSB Health
Benefits Q&A
CPSB Board Room | 1 point | • Thurs.
Sept. 28
5:30PM |
| • EAP Solution
Counseling
Seminar
CPSB Board Room | 1 point | • Thurs.
Nov. 16
5:30PM |

Events 2024

Date/Time

- | | | |
|--|----------------|-------------------------------|
| • Mental Health
Seminar
CPSB Board Room | 1 point | • Thurs.
Jan. 11
5:30PM |
| • Most Common
Health Concerns
Seminar
CPSB Board Room | 1 point | • Thurs.
Feb. 15
5:30PM |
| • Sleep Tips
Seminar
CPSB Board Room | 1 point | • Thurs.
Mar. 21
5:30PM |
| • Work-Life Blend
Seminar
CPSB Board Room | 1 point | • Thurs.
Apr. 11
5:30PM |

If you have any questions, please call our Wellness Department at 337-217-4240 or email us at wellness@cpsb.org. Don't forget to like us on Facebook for any updates on the CPSB Employee Wellness Programs!