

# SAVE THE DATES!!!

## WELLNESS EVENTS 2022-2023



## Calcasieu Parish School Board

3310 Broad Street  
Lake Charles, LA 70615

Phone: 337-217-4240

Fax: 337-217-4242

### Events 2022

### Date/Time

- |  |  |
|--|--|
| • Smart Shoppers <b>2 points</b><br>CPSB Board Room              | • Thurs.<br>Sept. 8<br>5:30PM            |
| • Smart Shoppers <b>2 points</b><br>Sulphur High Library         | • Thurs.<br>Sept. 15<br>5:30PM           |
| • Wellness Fair <b>3 points</b><br>Lake Charles Civic Center     | • Sat.<br>Sept. 24<br>7:00AM-<br>11:30AM |
| • ER vs Urgent Care <b>1 point</b><br>Seminar<br>CPSB Board Room | • Thurs.<br>Nov. 17<br>5:30PM            |

### Events 2023

### Date/Time

- |   |  |
|---|--|
| • Bone Health <b>1 point</b><br>Seminar<br>CPSB Board Room  | • Thurs.<br>Jan. 26<br>5:30PM                    |
| • Heart Healthy Diet <b>1 point</b><br>Seminar<br>CPSB Board Room                                 | • Thurs.<br>Feb. 16<br>5:30PM                    |
| <del>• Classroom to 5K <b>2 points</b><br/>(Active Employees)<br/>Lake Charles Civic Center</del> | <del>• Sat.<br/>Mar. 4<br/>7:30AM</del><br>• TBD |
| • Stress Mgmt. <b>1 point</b><br>Seminar<br>CPSB Board Room                                       | • Thurs.<br>Mar. 23<br>5:30PM                    |
| • Healthy Breast <b>1 point</b><br>CPSB Board Room  | • Thurs.<br>Apr. 27<br>5:30PM                    |

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

