APS SUMMER WELLNESS

The Wellness Committee of **Austin Public Schools** invites all staff to participate in our summer wellness activities. These activities are designed to promote physical, mental, and emotional well-being, fostering a culture of holistic health and lifelong learning. By engaging in these wellness initiatives, staff members will not only enhance their personal health but also contribute to the overall wellness of our school community.

This is not meant to be an extensive list of all resources, nor does Austin Public Schools directly endorse any of these entities or activities. We have simply provided a selection of resources to offer suggestions for promoting Wellness during the summer months.

Payment for any services should be determined between the employee and community partner.

Physical

- Take a walk at the Nature Center or rent a canoe or mobility chair Home - hormelnaturecenter.org
- Enjoy activities at the YMCA/ ACRCAustin Community Recreation Center - Austin, MN
- Spend time at the municipal pool brochure.pdf
- Check out some of the great bike trails in Austin Bike Trail Map
- Join a race - some ideas are the Beyond Blue and More Than Pink runs More Than Pink - Community Learning Center
- Take a Yoga Class with Community Education Community Education | Austin Public Schools

Spiritual/Emotional

- Artworks Center Visit Austin Area Arts - Creativity and Inspiration for Austin, Minnesota
- Check out the stars at the Observatory Astronomy - hormelnaturecenter.org
- Spend time in nature – play golf, go fishing Packer Classic 2025 – APE Foundation – AHS Alumni
- Consider volunteering in the community Volunteer - United Way of Mower County
- Walk the Labyrinth at Spirituality Center Spirituality Center

Social

- Meet some friends at a Greyhounds game Austin Greyhounds - MBA
- Enjoy an offering from Summerset Theater at Riverland Summerset Theatre - Austin Minnesota
- Participate in Independence Days Activities 4th of July Freedom Fest in Austin Minnesota!
- Attend 4th Avenue Festival on June 4th City of Austin Culture & Art Commission 4th Avenue Festival
- Attend ArtWorks Festival Austin (MN) ArtWorks Festival | Austin (MN) Area Arts
- Attend the High Water Music Series on June 19th, July 17th, and August 21st Events for June 2025 – Discover Austin
- Attend an outdoor concert at the HHH Music at the Mansion Summer Concert Series - Hormel Historic Home
- Attend the Mower County Fair August 5-10 Mower County Fair
- If you have young children, consider checking a different Austin park every week Park Information

Nutritional

- Visit the Austin Farmers Market Cedar River Farmers Market - Austin, MN
- Prepare a meal using items purchased at the Farmers Market
- Check out a local food truck or restaurant Where to Eat in Austin MN – Discover Austin

Financial

- Visit local banks for financial planning and advice
- Do a financial health self-assessment - Financial - Independent School D
- Check out a book on financial literacy from the Austin Public Library Home | aplmn
- Create a budget for your family focusing on your priorities
- Review tips on managing financial stress from Telus Health Financial Wellbeing Toolkit - Support & Resources - Independent School District

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