

2025 Summer Workshop Series

July 14th- August 8th

All NMUSD employees are invited to join the 2025 Summer Workshop Series for the opportunity to earn a **\$75 program reward** and Snappy Gifts Choose Your Prize (\$500 value) grand prize entry. See schedule of Workshops below, and additional information on following pages. All Workshops and topics will be delivered virtually via Webex, from 5-6PM on the dates listed below. We hope you join us for this summer's program!

Workshop 1 - Exercise Wellness

July 14th | *Topic 1 - Brain Health Through Movement*

July 15th | *Topic 2 - Tracking Your Wellness*

July 16th | *Topic 3 - Performance Skills*

Workshop 2 - Nutrition Wellness

July 21st | *Topic 1 - Healthy In A Hurry*

July 22nd | *Topic 2 - Smart Shopping*

July 23rd | *Topic 3 - Making Healthy Sustainable Changes*

Workshop 3 - Financial Wellness

July 28th | *Topic 1 - Paycheck Power-Up: Making Every Dollar Count*

July 29th | *Topic 2 - Budget Like A Boss: Take Control Of Your Spending*

July 30th | *Topic 3 - Debt Detox: Clean Up Your Finances*

Please [register for the 2025 Summer Workshop Series by Friday, July 11th](#) to ensure you receive all emails including updates, reminders, and program guidance. Continue reading through this document for the workshop calendar and additional program information.



Program Details

How to participate: To begin, **register by Friday, July 11th.** Your registration ensures you receive all the program emails containing calendar reminders, Webex links, and questionnaire links. These links will also be available on the **Employee Wellness Web Page.** **After you register, decide which of the three Workshops you would like to attend, then attend all three topics of that Workshop and complete each topic's associated questionnaire.** All topics will be delivered virtually via Webex. If you cannot attend any topic(s) live, you may watch the replay which will be posted the day following the live event. Your completed questionnaires serve as your record for attendance. ***You must screen shot the questionnaire completion page and save as proof if a discrepancy arises!***

\$75 Program Reward: Each employee will earn a single \$75 reward for ***attending and completing the questionnaires for all three topics of any one Workshop.*** Multiple Workshop completions will not result in multiple \$75 rewards. Rewards are for employees only. *Spouses and other dependents are not eligible to earn a reward.*

Employees who earn the reward will receive a confirmation email in late August, from which they will claim their \$75 reward and provide their email address. It may take a few weeks for the reward to then be emailed. Rewards will come in the form of a \$75 electronic gift card from Tango Cards .

Snappy Choose Your Prize Grand Prizes: One grand prize will be awarded for each Workshop. The winner of each grand prize will receive an electronic link from Snappy Gifts where they can choose a prize from the catalog (valued at \$500). Each employee will earn a grand prize entry for *attending and completing the questionnaires for all three topics of any workshop.* Employees may complete multiple workshops in-full for multiple Grand Prize entries, but may only win one Grand Prize. Grand Prize entries are for employees only.

Program Questions: For any questions not answered within this document, please send an email to Natalie Drake at wellness@nmusd.us.



Workshops Calendar

You do not need to RSVP for individual Workshops/topics. Simply **register by Friday, July 11th** to receive all topic links, questionnaires, and program information. These will also be posted on the **Employee Wellness Web Page** for your convenience.

Exercise Wellness Workshop

July 14th to July 16th

Nutrition Wellness Workshop

July 21st to July 23rd

Financial Wellness Workshop

July 28th to July 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 7TH	JULY 8TH	JULY 9TH	JULY 10TH	JULY 11TH <u>DEADLINE TO REGISTER FOR SWS</u>
JULY 14TH <u>BRAIN HEALTH THROUGH MOVEMENT - 5PM</u>	JULY 15TH <u>TRACKING YOUR WELLNESS - 5PM</u>	JULY 16TH <u>PERFORMANCE SKILLS - 5PM</u>	JULY 17TH	JULY 18TH
JULY 21ST <u>HEALTHY IN A HURRY - 5PM</u>	JULY 22ND <u>SMART SHOPPING - 5PM</u>	JULY 23RD <u>MAKING HEALTHY SUSTAINABLE CHANGES - 5PM</u>	JULY 24TH	JULY 25TH
JULY 28TH <u>PAY CHECK POWER-UP: MAKING EVERY DOLLAR COUNT - 5PM</u>	JULY 29TH <u>BUDGET LIKE A BOSS: TAKE CONTROL OF YOUR SPENDING - 5PM</u>	JULY 30TH <u>DEBT DETOX: CLEAN UP YOUR FINANCES - 5PM</u>	JULY 31ST	AUGUST 1ST
AUGUST 4TH <u>GET CLEAR, MAKE DECISIONS AND TAKE ACTION - 5PM</u>	AUGUST 5TH	AUGUST 6TH	AUGUST 7TH	AUGUST 8TH <u>DEADLINE TO FINISH TOPICS AND QUESTIONNAIRES</u>

