

2026 Summer Workshop Series

July 14th- August 7th

All NMUSD employees are invited to join the 2026 Summer Workshop Series for the opportunity to earn a **\$100 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 will be delivered virtually via Microsoft Teams, from **12-1PM** on the dates listed below. To be eligible for the program reward you must complete any three workshops + coordinating questionnaires

Week 1 Schedule

July 14th @ 12PM |

Workshop 1 - Caring For Your Mental Health

July 15th @ 12PM |

Workshop 2 - Burnout Recovery And Prevention

Week 2 Schedule

July 21st @ 12PM |

Workshop 3 - Eating For Energy

July 22nd @ 12PM |

Workshop 4 - Postural Alignment

Week 3 Schedule

July 28th @ 12 PM |

Workshop 5 - Vision Boarding

July 29th @ 12 PM |

Workshop 6 - Happy Neck And Shoulders

Please **register for the 2026 Summer Workshop Series by Friday, July 10th** 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.



Newport-Mesa
Unified School District

Wellness for Life

Natalie Drake
NMUSD Well-being Coordinator
wellness@nmusd.us

Program Details

How to participate: To begin, **register by Friday, July 10th.** Your registration ensures you receive all the program emails containing calendar reminders, Microsoft Teams 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 Microsoft Teams. 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!***

\$100 Program Reward: Each employee will earn a single \$100 reward for ***attending and completing the questionnaires for any three workshops.*** If you complete more than 3 workshops, you will not receive multiple \$100 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 \$100 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 \$100 electronic gift card from Tango Cards .

Snappy Choose Your Prize Grand Prizes: Three Grand Prizes will be awarded in total. 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 any 3 workshops.* Grand Prize winners will be drawn randomly. 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. Simply **register by Friday, July 10th** to receive all workshop links, questionnaires, and program information. These will also be posted on the **Employee Wellness Web Page** for your convenience.

Week 1 Schedule

July 14th and July 15th

Week 2 Schedule

July 21st and July 22nd

Week 3 Schedule

July 28th and July 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 6TH	JULY 7TH	JULY 8TH	JULY 9TH	JULY 10TH <u>DEADLINE TO REGISTER FOR SWS</u>
JULY 13TH	JULY 14TH <u>CARING FOR YOUR MENTAL HEALTH -12PM</u>	JULY 15TH <u>BURNOUT RECOVERY AND PREVENTION -12PM</u>	JULY 16TH	JULY 17TH
JULY 20TH	JULY 21ST <u>EATING FOR ENERGY - 12PM</u>	JULY 22ND <u>POSTURAL ALIGNMENT - 12PM</u>	JULY 23RD	JULY 24TH
JULY 27TH	JULY 28TH <u>VISION BOARDING - 12PM</u>	JULY 29TH <u>HAPPY NECK AND SHOULDERS -12PM</u>	JULY 30TH	JULY 31ST
AUGUST 3RD	AUGUST 4TH	AUGUST 5TH	AUGUST 6TH	AUGUST 7TH <u>DEADLINE TO FINISH TOPICS AND QUESTIONNAIRES</u>



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