



# WELLNESS NEWSLETTER

Volusia County Schools Employee Wellness  
July 4th Edition

July 2026

## SUMMER WELLNESS TIPS & HOLIDAY ACTIVITIES

Celebrate Independence Day while staying healthy and active! Take advantage of the summer break to recharge. Try morning walks or bike rides before the heat peaks, stay hydrated with infused water using fresh berries and mint, and enjoy outdoor yoga or stretching sessions. Community fireworks, swimming, and family games are all wonderful ways to stay active and celebrate!


## EMPLOYEE WELLNESS PROGRAMS & BENEFITS


Volusia County Schools offers a comprehensive wellness program to support your health all year long. Explore the benefits available to you this summer season!




## HEALTHY JULY 4TH RECIPES

Fire up a healthy holiday with these festive and nutritious recipes perfect for your July 4th celebrations with family and friends!

 **Patriotic Fruit Skewers:** Layer strawberries, banana slices, and blueberries on skewers for a colorful, vitamin-packed treat.

 **Red, White & Blue Salad:** Combine watermelon, feta cheese, and blueberries with fresh mint and a light honey-lime dressing.

 **Grilled Veggie Platter:** Season zucchini, corn, and bell peppers with herbs and grill for a festive, fiber-rich summer side dish.

Your employee wellness benefits include access to mental health counseling sessions, annual health screenings, and nutrition coaching.

How can you find out more about EAP services?

It's simple. Call: 1-800-272-7252 or Visit [resourcesforliving.com](https://resourcesforliving.com) To log in, use the following username (VCS) and password (VCS). You will find useful information on a wide range of subjects.