
Rooted in Wellness

OCTOBER 2026



Women's Health: Prevention Starts with Awareness

Taking care of your health starts with understanding the risks that can affect women throughout every stage of life. Heart disease remains the leading cause of death among women, while breast, cervical, and colorectal cancers also pose significant health concerns.

Regular preventive screenings, routine checkups, and knowing your family health history can help detect issues early and improve outcomes.

Healthy habits such as staying physically active, eating a balanced diet, avoiding tobacco, limiting alcohol, and getting adequate sleep can significantly reduce your risk of chronic disease.

This month, take time to prioritize your health by scheduling recommended screenings, talking with your healthcare provider, and making small lifestyle changes that support long-term wellness.

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SAINT LOUIS PUBLIC SCHOOLS
WELLNESS PRESENTS **2026**

ALL★STAR *Wellness Day*

WHEN



**FRIDAY,
OCTOBER 23**
KICKOFF AT
10 A.M. – 2 P.M.

WHERE



Central Office
801 North 11th Street
ST. LOUIS, MO, 63101

WHAT TO EXPECT



FLU
SHOTS



ON-SITE
VENDORS



BIOMETRIC
SCREENINGS



RAFFLE
PRIZES



EMPLOYEES AND
FAMILIES WELCOME.



REGISTER HERE
FOR FLU SHOTS



QUESTIONS?



Rebecca Anderson

314-345-2282 | Rebecca.Anderson@SLPS.org



REGISTER HERE
FOR THE EVENT

Understanding Women's Health

Women face unique health concerns throughout every stage of life, including heart disease, certain cancers, reproductive health changes, and osteoporosis. Understanding your personal risk factors, staying current with preventive screenings, and working with your healthcare provider can help detect health issues early. As your health needs change over time, prevention, awareness, and healthy lifestyle choices remain some of the most effective tools for protecting your long-term well-being

[Check out this video for more info](#)



CHALLENGE WINNERS

Thank you to everyone who participated in our September Wellness Challenges! We loved seeing employees focus on their health and well-being.

Congratulations to our challenge winners:

**Kaite Stephens, Nakia Cobbs,
DeAmisha Richardson, Angel
Fraizer, Dawn Bertrand,
Natasha Brown**

If you haven't already, come to 801 to pick up your prize!

WELLNESS CHALLENGE *October*

BETTER TOGETHER

Women's health needs change throughout their lives. Join us in celebrating together! Choose suggestee activities that support the health needs of women.

[October's Challenge.](#)



REGISTRATION NOW OPEN



Schedule a biometric screening today

With UnitedHealthcare Rewards, you can earn rewards for completing a biometric screening.



What is a biometric screening?

A biometric screening measures numbers related to your blood pressure, glucose, cholesterol, weight, and more.

What can your results tell you?

Results can help identify health issues and allow you to work with your healthcare provider to help reduce your risk.

On-site screening details

 Date: October 23, 2026

 Time: 10:00 AM - 2:00 PM

 Location: SLPS Central Office

Know your numbers. Take control of your health.

Register for your screening appointment today:

1. Go to myuhc.com and sign in or register
2. Select UHC Rewards and activate
3. Select Biometric screening and then Get started
4. Complete your registration through LetsGetChecked



ON-SITE FLU VACCINATIONS

Be sure to schedule your appointment today!

[CLICK HERE OR SCAN QR CODE
TO SCHEDULE YOUR APPOINTMENT!](#)



Friday, October 23rd (10:00a.m.to 2:00p.m.)

**Location: SLPS Administration Building
801 N. 11th Street, St. Louis, Mo. 63101**

- Select appointment time and complete registration
- REMINDER: Bring your health insurance card and ID to your appointment

✝ St. Luke's
Healthy Workforce

Questions? Contact Rebecca Anderson at
rebecca.anderson@slps.org.

St. Luke's Hospital

in partnership with

**St. Louis
Public Schools**

will be offering flu
vaccinations on site!

Trivalent,
Preservative Free Flu
Vaccinations!

High Dose Flu
Vaccinations
available for those
≥65 years old

*Be sure to wear appropriate
clothing on the day of your
vaccination that allows the
nurse to access your
shoulder!*



TAKE A BREAK &
SPEAK UP

WE WANT TO

HEAR FROM

SLPS Employee Wellness Survey
October 5th - October 16th

This completely confidential survey will allow your voice to be heard. Tell us what is working, what's not, and what you would like to see. Participants who choose to share their name will be placed in a drawing for **wellness prizes**.

Reach out to leah.hammel@uhc.com with questions



START THE SCHOOL YEAR STRONG

GIFT YOUR TEACHER A FREE WEEK OF HOTWORX

OFFER EXPIRES SEPTEMBER 30TH

Get MORE workout in
LESS time inside our
patented infrared saunas.

Enjoy 15 and 30-minute
results-driven sessions that
fit your schedule without
sacrificing results.

Choose from 10+ Isometric
and HIIT workouts like
Hot Yoga, Hot Pilates,
Hot Cycle, and more.

*Offer valid during allotted hours at the local Hot Time studio only. Other restrictions may apply and additional purchases required. See studio for details.



St. Louis, MO (Midtown)



Ask a staff member how you
can gift a free week to your
favorite teacher!

SLPS

DEALS



SWIM LESSONS

SKILLS LEARNED, CONFIDENCE BUILT.

Fall II Session: October 26 – December 20

Y Member registration begins: September 7 | Non-Member registration begins: September 14

AVAILABLE LOCATIONS & CLASS TIMES:



South City YMCA
Tuesdays
5:35 – 6:05 PM



South City YMCA
Thursdays
5:35 – 6:05 PM



Edward Jones YMCA
Tuesdays
6:45 – 7:15 PM

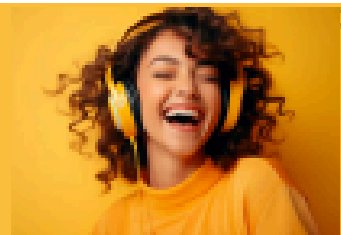
To receive your SLPS discount scan the
QR Code and use promo code:

SLPS100



THANKS TO THE GENEROSITY OF SLPS, YOU'LL BE SAVING UP
TO \$156 AND EXPERIENCE OUR SWIM LESSONS FOR FREE!

Check your ears.



FREE HEARING LOSS PREVENTION SCREENINGS *In Honor of National Protect Your Hearing Month 2026*

Now through November, St. Louis Public Schools will be providing all FT/PT employees, retirees, substitutes, volunteers and their loved ones (18 and older) with complimentary hearing screenings performed by Southwestern Hearing Centers. The screenings will be available to you at no cost, at the clinic location most convenient for you.

Your screening will include:

An Otoscopic Evaluation
Full Hearing Screening
Audlogram Results

Scan below to schedule your 15 minute hearing screening.



Hearing is an essential part of life!

Here are a few signs and symptoms to help recognize hearing loss. If you have friends or loved ones who may be experiencing any of the following, we ask you to invite them to have their hearing screened too.

Five Signs of Hearing Loss:

- Frequently asking others to repeat themselves
- Turning the TV to a volume others find loud
- Having trouble understanding conversations in noisy places
- Feeling like others are mumbling
- Often saying "What?" or "Huh?"



Five Symptoms of Hearing Loss:

- Cognitive decline (forgetfulness, dementia)
- Poor balance
- Fatigue, tension, stress and depression
- High blood pressure
- Isolation and loneliness

Fall Sheet Pan Gnocchi and Meatballs with Lemon Sauce

Ingredients

8 oz gnocchi
2 cups butternut squash, diced
2 cups brussels sprouts, halved
1 small red onion, sliced
2 Tbsp olive oil
2 Tbsp each: thyme, garlic powder
1 tsp dried rosemary
1 tsp salt
½ tsp black pepper

For Meatballs

1 lb ground chicken
1 egg
½ cup panko breadcrumbs
½ cup parmesan cheese, grated
2 Tbsp fresh sage, chopped
2 Tbsp fresh parsley, chopped
1 Tbsp olive oil
1 Tbsp lemon juice
½ tsp each: garlic powder,
onion powder, salt
¼ tsp black pepper

For Lemon Maple Dijon Sauce

2 Tbsp lemon juice
1 Tbsp maple syrup
1 Tbsp Dijon mustard
1 tsp olive oil
½ tsp garlic powder
¼ tsp salt
¼ tsp black pepper



Instructions

1. Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper. Spray with cooking spray. Combine the veggies, gnocchi, olive oil, and seasonings in a large bowl. Add them to the large sheet pan in a single layer.
2. In another bowl, make the sage chicken meatballs by combining the ingredients using either your hands or a wooden spoon. Careful not to overmix. Overmixing will result in tough meatballs.
3. Scoop 2 Tbsp of meat mixture and form into balls on the prepared sheet pan with the pasta-vegetable mixture. Continue until you have 18 meatballs.
4. Bake in the preheated oven for 25-30 minutes. The meatballs are done cooking when the internal temperature reaches 165°F.
5. While the mixture cooks, make the sauce by combining the ingredients in a small bowl or mason jar with a whisk.
6. When everything comes out of the oven, add the sauce and extra parmesan on top of the gnocchi dish before serving.

SLPS WELLNESS



Wellness Whiz Quiz

leah_hammel@uhc.com

