

wellness express

a monthly insight into St. Johns County wellness happenings

JULY 2017



Wellness Workshops: coming soon to a site near you!



In the past we held lunch-n-learns at the Administration Building and HHS. It was a time for employees to enjoy lunch while learning about important wellness topics. Unfortunately traveling so far during lunch time isn't practical for most employees. We went back to the drawing board and reached out to directors to find out what topics they felt would be most beneficial for their staff as well as whether or not hosting a class on-site

would be helpful. After carefully reviewing all responses, we have come up with a new initiative: Wellness Workshops. Presenters will travel to County departments each month to present topics relative to your field. The 30 minute presentations will count as training time and snacks will be provided. We will get started on July 19th with a Deskercise class at the Utility Department. Visit the Wellness page to sign up!

Upcoming PHA Screening Events

July 27 | 9am - 12pm
SE Branch Library
August 10 | 2pm - 5pm
Julington Creek Annex
August 30 | 12pm - 7pm
SJSO Squad Room



Wellness Challenge

July 31 - September 10

Take charge in stopping the stress by participating in a six week challenge. The activities will reshape the way you view stress in your life. All you have to do is participate and keep up! Plus, earn 50 My Blue Rewards Points!

To sign up, visit:

<http://www.surveygizmo.com/s3/3216918/2017-Stop-Stress-This-Minute-Challenge-Registration>