

# PUEBLO SCHOOL DISTRICT 60 EMPLOYEE WELLNESS TEAM NEWSLETTER

Volume 2 Issue 2

May 2005

## Spring Into Action



### Actions:

- **May 6, 2005-** "Body Fabulous Massage"  
15 -minute chair massages. (Space is limited) Call Laura to schedule your appointment. (12:30-3:30) (Comanche Room) Price is \$10 for 15 minutes; Employee Wellness Team will pay \$5 of the \$10.
- **May 16, 2005-** 2/15 minute movement sessions  
10:00 and/or 1:00 (Board Room) (Wear comfortable shoes)
- **May 18, 2005-** Potluck (bring your favorite salad for 8 people) 11:30-1:00 (Board Room)
- **May 23, 2005-** Diabetes Awareness- (brown bag lunch)  
"Small Changes Make A Big Difference" 11:30-12:00 (Board Room)

### **Coming In June:**

- **June 1, 2005-** "Fitness Challenge" (pedometers provided)  
Do the Fitness Challenge for 2 Months and see how good you feel. (Calendar Attached) There will be prizes given the last day in July.
- **June 20, 2005-** Asthma (Measuring Lung Functions)  
Call Laura for appointment 11:30-1:30 (Board Room) Lori Fossceco & Nancy Parkhurst
- Movement
- Potluck
- Blood Pressure Checks
- Glucose Checks

### Action Steps:

- Cataracts blur the vision of 20 percent of people in their 60's, more than 40 percent of people in their 70's, and nearly 70 percent of those in their 80's.
- All carbohydrate, fat, and protein that we eat must pass from the stomach to the small intestine before being absorbed into the bloodstream. But about 20 percent of the alcohol we drink goes directly from the stomach to the blood.
- Each year, on average, there's an 8% drop in motor vehicle crashes on the Monday after the clocks "fall back." The shift to daylight-savings time in April results in an average increase in traffic accidents of the same magnitude.

\*Little things make a big difference!