

Loyalsock Township School District

Wellness Activities and Events 2018-2019

<i>What</i>	<i>When</i>	<i>Where</i>
BeHip Program (Better Health Incentive Program) Carmen Terry	August 1, 2018 through July 31, 2019 Program details at: http://health.iu17.org www.healthadvocate.com	
County-wide Weight Watchers At Work Program	Wednesdays, 4:15 pm – 4:45 pm Contact Carmen Terry for rates and further information	BLaST IU17, 2400 Reach Road
Biometric Screenings –Free to eligible employees and spouses	Friday, October 5 – MS Tuesday, October 2 – DES Thursday, October 4 – HS	6:30 – 9:00 AM Room locations to be announced New this Year: On-Line Registration
Flu Shots – Free to insurance participants	Friday, October 5 – MS Tuesday, October 2 – DES Thursday, October 4 – HS	6:30 – 9:00 AM Room locations to be announced
Lunch & Learn	November 2018	TBA
Lunch & Learn	March 2019	TBA
Red Out Day - A District-wide promotion of heart health awareness	Friday, February 1, 2019	All Schools
Spring Wellness Walk	May 2019	TBA