

Loyalsock Township School District Wellness Activities and Events 2020-2021

<i>What</i>	<i>When</i>	<i>Where</i>
Embrace Your Path (NEW Health Incentive Program) Carmen Terry	August 1, 2020 through July 31, 2021 Program details at: http://health.iu17.org www.healthadvocate.com	
Carmen Terry introduces the new Embrace Your Health Program	August 2020	TBD
Biometric Screenings –Free to eligible employees and spouses	Wednesday, September 30 – DES Friday, October 2 – MS Friday, October 9 – HS	6:30 – 9:00 AM Room locations to be announced On-Line Registration
Flu Shots – Free to insurance participants	Wednesday, September 30 – DES Friday, October 2 – MS Friday, October 9 –HS	6:30 – 9:00 AM Room locations to be announced
Sock Family Stir – Up your kitchen cred with a convenient, healthful and delicious take home meal kit	November 2020 January 2021 February 2021 March 2021	TBA
Red Out Day - A District-wide promotion of heart health awareness	Friday, February 5, 2021	All Schools

Contact your Wellness Team Co-Chairs –Beth Hufnagel, Jamie Sortman, or Carmen Terry, LCIC Health and Wellness Coordinator, for more information on any of these events.

New members are always welcome to join the Wellness Team! Meetings will be held Tuesdays, at the District Service Center at 3:30 PM on the following dates. Please join us!

September 29, 2020, November 17, 2020, January 26, 2021 and March 23, 2021