

# Loyalsock Township School District

## Wellness Activities and Events 2019-2020

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| <i>What</i>  | <i>When</i>  | <i>Where</i>   |
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| <b>BeHIP Program<br/>(Better Health Incentive Program)<br/>Carmen Terry</b>      | August 1, 2019 through July 31, 2020<br>Program details at:<br><a href="http://health.iu17.org">http://health.iu17.org</a><br><a href="http://www.healthadvocate.com">www.healthadvocate.com</a> |  |
| <b>Lunch &amp; Learn<br/>Topic: "Let's Get BeHIP"</b>                            | Thursday, September 12, 2019<br>Friday, September 13, 2019<br>Thursday, September 19, 2019   | Donald E. Schick Elementary School<br>Middle/High School<br>District Admin Offices |
| <b>Community Health Fair &amp;<br/>Wellness Walk</b>                             | Tuesday, September 24, 2019<br>4:30-8:00PM   | Donald E. Schick Elementary School<br>Track Area                                   |
| <b>County-wide Weight Watchers At<br/>Work Program</b>                           | Wednesdays, 4:15 pm – 4:45 pm<br>Contact Carmen Terry for rates and<br>further information   | BLAST IU17, 2400 Reach Road  |
| <b>Biometric Screenings –Free to eligible<br/>employees and spouses</b>          | Tuesday, October 1 – HS<br>Wednesday, October 2 – MS<br>Thursday, October 24 – DES   | 6:30 – 9:00 AM<br>Room locations to be announced<br>On-Line Registration           |
| <b>Flu Shots – Free to insurance<br/>participants</b>                            | Tuesday, October 1 – HS<br>Wednesday, October 2 – MS<br>Thursday, October 24 –DES  | 6:30 – 9:00 AM<br>Room locations to be announced                                   |
| <b>Lunch &amp; Learn</b>   | November 2019  | TBA  |
| <b>Red Out Day -<br/>A District-wide promotion of<br/>heart health awareness</b> | Friday, February 7, 2020   | All Schools  |
| <b>Lunch &amp; Learn</b>   | March 2020   | TBA  |

*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 10, 2019, November 12, 2019, January 14, 2020 and March 24, 2020**