

WELLNESS WEDNESDAY

OCTOBER THEME: HEALTHY HABITS

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This month we will be focusing on HEALTHY HABITS. Exploring ways to create healthier habits can improve our personal lives and our work. When we consider what healthy habits we may want to adopt it is helpful to consider which areas of the wellness wheel would benefit most from your attention.



QUICK TIP

EMINSO EDUCATION ASSOCIATION
WELLNESS WEDNESDAY
OCTOBER 4
HEALTHY HABITS

nea NATIONAL EDUCATION ASSOCIATION
Great Public Schools for Every Child

Hydrate

DRINK MORE WATER!
WE KNOW...YOU'VE HEARD IT ALL BEFORE.
THIS WEEK MAKE IT YOUR GOAL TO DRINK JUST 8 OUNCES MORE WATER THAN YOU ALREADY DO.

WORK TOWARDS 8 X 8:
8 OZ OF WATER, 8 X A DAY.

WATER BOOSTS BRAIN FUNCTION, INCREASES ENERGY LEVELS, AND PREVENTS HEADACHES.

BOOGREN, H. (2020). 180 DAYS OF SELF-CARE FOR BUSY EDUCATORS. BLOOMINGTON, IN: SOLUTION TREE PRESS.

Important Dates

Staff Flu Vaccine Clinics
November 3 from 2:30-5:00 at the ESC

Gig Harbor Primary Care will be administering staff flu vaccines on 11/3/23. This vaccination clinic is offered to all staff as a service to our community and is strictly voluntary. Your health insurance will be billed by the clinic.

[Sign up here for the vaccinations.](#)

COVID vaccines are available through your health care provider and/or local pharmacies.