



JANUARY 18, 2023

# Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE



## Important dates

\*\**(live links included)*\*\*

### **JANURAY WELLNESS WEDNESDAY**

January 2023 - Thyroid Awareness Month

### **NUTRITION MANAGEMENT FOR THYROID DESEASE**

January 15, 2023

12:00 - 1:00 p.m. & 5:30 - 6:30 p.m. EST

### **12-WEEK WEIGHT LOSS PROGRAM**

Join our 12-Week Weight Loss Program facilitated by our Registered Dietitian & Wellness Team

*\*Must have seen a provider and received exercise clearance at the My Health Onsite Health Center to participate.\* This program may count towards the 2022 Health & Wellness Incentive Program as 2 completed wellness programs*

### **2022 4TH QUARTER INCENTIVES**

2022 4th quarter incentives will post on February 15, 2023.

### **SEMI-ANNUAL MEETING**

Semi-annual meeting is scheduled to be on January 27th at 4:30pm.

## helpful links

[Wellness Champion Resource Page](#)

[2023 Quarter 1 Webex Educational Classes](#)

CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

### **YOU GOT CAUGHT**

Keep on sending us "You Got Caught" award recipients! We love seeing the community being rewarded for making healthier decisions in their lives.

### **MEET THE CHAMPIONS**

The Meet the Champions page is now live. For those who haven't yet submitted their answers and photo, [please click here to complete it](#) and send it to either of us at your earliest convenience.

### **HEALTHY BEGINNING'S**

Pregnancy Health and Breastfeeding Resources We've added more resources to the page, take a peak and find great resources for expecting parents.

### **YOUR INPUT MATTERS!**

Please keep sending your ideas in regarding new activities, challenges and swag to help us grow and improve the Wellness Champion community.

WE ARE THANKFUL FOR ALL YOU DO.  
KEEP BEING AWESOME!



**Pasco** Go Healthy

PASCO COUNTY SCHOOLS

QUESTIONS/COMMENTS?

[Email Us!](#)

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