

FEBRUARY 06, 2023

Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE

CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

TOBACCO FREE FLORIDA

Tobacco Free Florida's Group Quit Sessions (in-person or virtual) now offer participants \$50 - \$125 in gift cards for their attendance, while supplies last.

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.

POSITIVE PROMOTIONS

I have linked above the approved site for ordering some swag to give out to your peers. Send us a list of what you fancy and we will put it to a vote. Reminder that it is not a guarantee that District will approve.

We are thankful for all you do.
Keep being awesome!



Important dates

(live links included)

WELLNESS WEDNESDAY

February 2023 - AMERICAN HEARTH MONTH

MANAGING HYPERTENSION

February 21, 2023

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

2022 4TH QUARTER INCENTIVES

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

"Heads Up" e-mail will be sent out a week in advance!

Current Card Holder - New Card Holder

Your Input Matters!

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

helpful links

WELLNESS CHAMPION CALENDAR

The interactive Wellness Champion Calendar 2023 is live!

2023 HEALTH & WELLNESS INCENTIVE

2023 HEALTH & WELLNESS FIT OPTIONS

2023 PASCOFIT QUARTERLY PAYMENTS

Wellness Champion Resource Page

2023 Quarter 1 Webex Educational Classes

QUESTIONS/COMMENTS?

[Email Us!](#)

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