

MARCH 01, 2023

# Vital Signs

## WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE

CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

### *Important dates*

#### **WELLNESS WEDNESDAY**

March 2023 - NATIONAL NUTRITION MONTH  
**2023 1ST QUARTER INCENTIVES**

2023 1st quarter ends on March 31, 2023  
**GROUP STEP CHALLENGE**

March 6 - April 3, 2023

*Our Group Step Challenge is a 4-week competition to help prepare staff for the Special Olympics Race for Inclusion 5K.*

*The 5K race will be on April 1st.*

**NEW CALL CENTER NUMBER: 727-353-3000**

The Call Center will be open to take appointments  
Monday-Friday from 8am to 5pm

*If assistance is needed after hours, you will be re-routed to our 24-hour nurse line for ongoing patient services. The 5K race will be on April 1st.*

#### **THE HEALTH CONSEQUENCES OF YO-YO DIETING**

March 21, 2023 12:00 - 1:00 p.m. & 5:30 - 6:30 p.m. EST  
**FINANCIAL FITNESS CHALLENGE**

April 10 - May 20, 2023

### *Champion Kuddos!*

Mary Ch-Hab, who took the initiative to showcase The Group Step Challenge at the front of her department. She also put a sign up sheet to help her peers enter the challenge.

### *helpful links*

**WELLNESS CHAMPION CALENDAR**

**Wellness Champion Resource Page**

**2023 Quarter 1 Webex Educational Classes**



#### **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.

#### **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. I will be reaching out to those who have not submitted their answers!

#### **SWAG**

This is what we are thinking of going forward with. Let us know what you think!

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



**Pasco Go Healthy**  
PASCO COUNTY SCHOOLS

QUESTIONS/COMMENTS?

[Email Us!](#)

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