

MAY 01, 2023

Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE

CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

Important dates

MEET THE CHAMPIONS

The Meet the Champions page is 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!

HEALTHY HAPPENINGS

Promoting school based wellness initiatives. Let us know what you've been doing at your location!

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!

SEMI-ANNUAL CHAMPIONS MEETING

May 08, 2023 @ District @ 4:30pm

WELLNESS WEDNESDAY

MAY 2023 - NATIONAL PHYSICAL FITNESS & SPORTS MONTH

WEBEX - EXERCISE FOR LIFE

May 23, 2023

PASCO COUNTY SCHOOLS EMPLOYEE HEALTH & WELLNESS SURVEY 2023

The deadline to complete the survey is May 19th

2023 1ST QUARTER INCENTIVES

Incentives will post on May 15, 2023.

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

Current Card Holder - New Card Holder

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.

- Big welcome to our new Champions Joel Santos, Laura Bandini, and Cristina Cage!

helpful links

Wellness Champion Resource Page

WELLNESS CHAMPION CALENDAR

2023 Quarter 2 Webex Educational Classes

