

JUNE 01, 2023

Vital Signs

WELLNESS CHAMPIONS: YOUR MONTHLY GUIDE

CLICK THE UNDERLINED TEXT TO ACCESS CONTENT

Important dates

WELLNESS WEDNESDAY

JUNE 2023 - MEN'S HEALTH MONTH

WEBEX - BENIGN PROSTATIC HYPERPLASIA (ENLARGED PROSTATE)

June 15, 2023

2023 2ND QUARTER INCENTIVES

Q2 ends on June 30th!

Featured Program

QUIT SMOKING WITH TOBACCO FREE FLORIDA

Sign Up for a Smoking Cessation Program

We know quitting tobacco isn't easy, but finding help should be. Tobacco Free Florida offers free tools and services, like 24/7 access to a coach and online resources to build personalized quit plans, plus a 4-week supply of nicotine patches and gum, or nicotine patches and lozenges mailed to you. Our quit services can double or triple your chances of success.

Announcement

- In an effort to strengthen communications, built trust, collaboration, and making exchange of ideas easier we will be creating a Wellness Champions TEAMS group!

[Click here to access group!](#)

- Big welcome to our newest Champions Jill Rawlings!

Have a wonderful summer!

Thank you for everything you do!

Keep being awesome!



HEALTHY HAPPENINGS

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

REMINDERS

- The Health and Wellness Centers will be operating regular hours during the summer
- [Get to Know me Questions](#), Thank you to those who have submitted their answers! For those who have not please [click here](#) to access question and send your responses to the Wellness email

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 Resource Page](#)

[WELLNESS CHAMPION CALENDAR](#)

[2023 Quarter 2 Webex Educational Classes](#)



QUESTIONS/COMMENTS?

[Email Us!](#)

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