



HELLO November 2023

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Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

 MDCPS Employee Benefits OPEN ENROLLMENT 2024 	 	 Schedule a coaching appointment with your On-site Health Coach 	National Gratitude Month Little Things You Can Do Each Day To Shift Your Perspective 1. Get enough shut-eye 2. Squeeze in a work-out 3. Start a gratitude practice 4. Tweak your inner self-talk 	 Reminder! get your flu shot 	Schedule your workouts for the week pencil them into your calendar like any other appointment. 
 FALL BACK 	Morning Motivation Tackle 3 things on your ever growing to-do list before 10AM. You'll be surprised how good it will feel! 	Your Diabetes-Friendly Holiday Toolkit  	 Maintain - Don't Gain Holiday Challenge Sign up to our "Survive the Holidays Challenge" 	eat the rainbow.  	Food Swaps  Click th Link and learn how to swap out certian foods for more nutritious options 
 Choose MyPlate.gov 	The world is full of kind people. If you can't find one, be one. 	 WORLD DIABETES DAY 	 SURVIVAL GUIDE Here's help for a happy and healthy holiday season. 	 WORLD PANCREATIC CANCER DAY it's about time 	SKIP The elevator and take the stairs. Studies show the risk of CARDIOVASCULAR disease is lower among those who regularly climb stairs. 
Quick Morning Workout 25 Jumping Jacks 10 Pushups 20 Tummy Tucks 30 Second Plank  	 M-DCPS District Wide Mammogram Event 	 M-DCPS District Wide Mammogram Event 	Helpful Tips for Healthy Holiday Parties 	HAPPY THANKS Giving DAY 	Losing it over holiday shipping? RELAX Follow this no-stress formula!!! Well-spent time Well-spent money EASY, EFFICIENT SHOPPING 
Pumpkin Bread Recipe  Made with no sugar, Greek yogurt, and whole grains, this Healthy Pumpkin Bread recipe is moist, delicious, and under 200 calories per slice. 	 DRINK MORE WATER 	 De-stress and Eat Less 	 	 	

Questions/Hotlines:

Cigna: 1-800-806-3052, 24 hours/7 days a week
 Cigna Total Behavioral Health Program: 1-800-274-7603, 24 hours/7 days a week
 FBMC: 1-855-632-7748, Monday-Friday, 7am - 7pm
 Office of Risk and Benefits Management: 305-995-7129
 District Employee Assistance Program: 305-995-7111
 Well Way: 305-995-2265
 Jacqueline Lopez RD/LDN, Health Coach: 786-779-1139 & Jacie Robles, RDN/LD, Health Coach: 786-514-0205