

June 2010



dcps Duval County Public Schools
Employee Wellness

Health e-Links

Health Education & Lifestyle Management Newsletter

D.E.W. in partnership with Baptist Medical Center

Announcing additional weight loss programs
Medically supervised and covered by the health plan, for those who qualify.

- **Healthy Solutions**
- **Lifestyle Balance**
- **Individual Medical Nutrition Therapy**

Orientation Sessions begin June 16
Wolfson Wellness Center (Baptist –Downtown)

For more information see your Wellness Ambassador or go to the Wellness Website
http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/why_weight.asp

National Health Observances for June

Visit the links below for more information

Home Safety Month

info@homesafetycouncil.org

National Scoliosis Awareness Month

www.scoliosis.org

Vision Research Month

www.preventblindness.org

14 - 22

National Men's Health Week

info@menshealthweek.org

Heartland Opens Up To DCPS

15 area locations in Duval, St. Johns, Clay and Nassau Counties



No Registration Fee
No contract

Individual Rates: \$25
Day Rate: \$6 per day

Personal Training Sessions:
30 minutes \$25
60 minutes \$45

For information see your Wellness Ambassador or check the Employee Wellness Website.

Why Weight Success Story

“I’ve been successful and lost over thirty pounds while under Dr. Capasso’s weight lost program. My husband has lost close to 40 pounds. We both started March 1st. I feel good and I have so much more energy. What I like about the program is they have a variety of programs to meet your particular needs, and the staff is courteous, attentive and encouraging.”

Portia Wilcox

Englewood High School

Weight Watchers At Work

Are you interested in starting a Weight Watchers group at your worksite?

Contact Deborah Hansen
hansend2@duvalschools.org



D.E.W. It BIG

Jacksonville Heights Elementary is currently having Weight Watchers at Work! Their group of 18 people has a total weight loss of over 200lbs in 11 weeks!

If anyone close to that school is interested in joining that group, contact Amy Hutton.

huttona@duvalschools.org

District Wide Employee Health Fair and Free Health Screenings Friday, June 11th at the Schultz Center 10:00-3:00

Employee Health Screenings are going very well!!! Don't miss your opportunity.
Time is running out!!



For a schedule of other health screenings, go to Calendar of Events on the Employee Wellness Website.

Remember to complete the Health Risk Assessment to receive a more accurate picture of your health! The HRA is located on the Employee Wellness Website homepage.

Put your health first in order to enjoy the summer!

During late spring and summer many people like to spend time outside in the sun either for fun or work. Overexposure to the sun however can cause heat exhaustion, heat stroke, heat rash and/or lead to skin cancer.

- ✓ Wear a wide-brimmed hat to keep your head and face cool
- ✓ Carry water with you. Take drinks of water frequently
- ✓ Take frequent breaks in the shade or in a cool environment
- ✓ Adjust gradually to working in the heat over a period of time
- ✓ Wear sunscreen that has an SPF of at least 15. Make sure children are adequately protected.

DCPS Employee Wellness Survey

D.E.W. needs your input!

Our Wellness Program is progressing very well and we want to continue to improve! We need your help to continue building a successful program. Please go on line and take the 5 minute survey.

Your comments are valuable!!!

<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/index.asp>