



2019-2020 Hiking challenge

Did you go on a hike?

Send details to Wellness manager or Cat Miner and get entered into a drawing for great prizes!

Challenge ends August 31, 2020

Wellness year starts September 1, 2020

Wellness is for EVERYONE! Wellness matters because it relates to everything we do, every emotion we feel relates to our wellbeing. Therefore it is important for everyone to achieve wellness to help reduce stress, illness and ensure positive interactions with others.



2020-2021 WELLNESS

Steps to a healthy happy life

HEALTH



SCREENING

Health screening dates:

September 9 - District Office (PDC) 9:00 am - 5:00 pm

September 10 - GLC 1:00 pm - 7:00 pm

September 15 - District Office (PDC) 9:00 am - 5:00 pm

September 23 - Provo High 1:00 pm - 7:00 pm

September 24 - GLC 1:00 pm - 7:00 pm

September 29 - GLC 10:00 am - 6:00 pm FLU SHOT CLINIC

September 30 - Provo High 1:00 pm - 7:00 pm