

PROVO CITY SCHOOL DISTRICT

# Thriving News

WELLNESS

## Helpful Hints

Set a reminder on your phone to go into Virgin Pulse and complete your daily Journey step.

Try a gratitude walk. It is essentially walking with a calm state of mind. Focus on being present and feeling grateful.

## Health Screenings

Last onsite health screening is **October 6** at the District Office in the PDC. Screening event will run from 12:00 pm to 5:00 pm.

**Walk-ins are Welcome!**

You can earn a \$5 Amazon gift card when you start AND finish a journey, also you are earn a \$5 Amazon gift card for completing the health check in Virgin Pulse.

## Important Dates

**October 10 -16**

Healthy Habit Challenge  
Relaxation Breathing

**October 17**

Registration begins for the  
Virgin Pulse Team Challenge  
Walk the Wonders

**October 26**

Flu Shot Clinic

**October 31**

Virgin Pulse Team Challenge  
starts: Walk the Wonders