DISTRICT WELLNESS NEWSLETTER

OCTOBER 2026

Outside and Sunshine

Spending 30 minutes a day outside lowers stress, improves sleep, boosts heart health, and restores focus.

Cross off every day that you spend at least 30 minutes outside and send me your trackers at the end of the month!

Monthly Focus

Sunlight

Get your water trackers turned in for an entry into the drawing.



Wellness Initiative

For those who qualify, there are challenges you can complete and rebates you can recieve through myWellness and PEHP. Register at usba.wellright.com