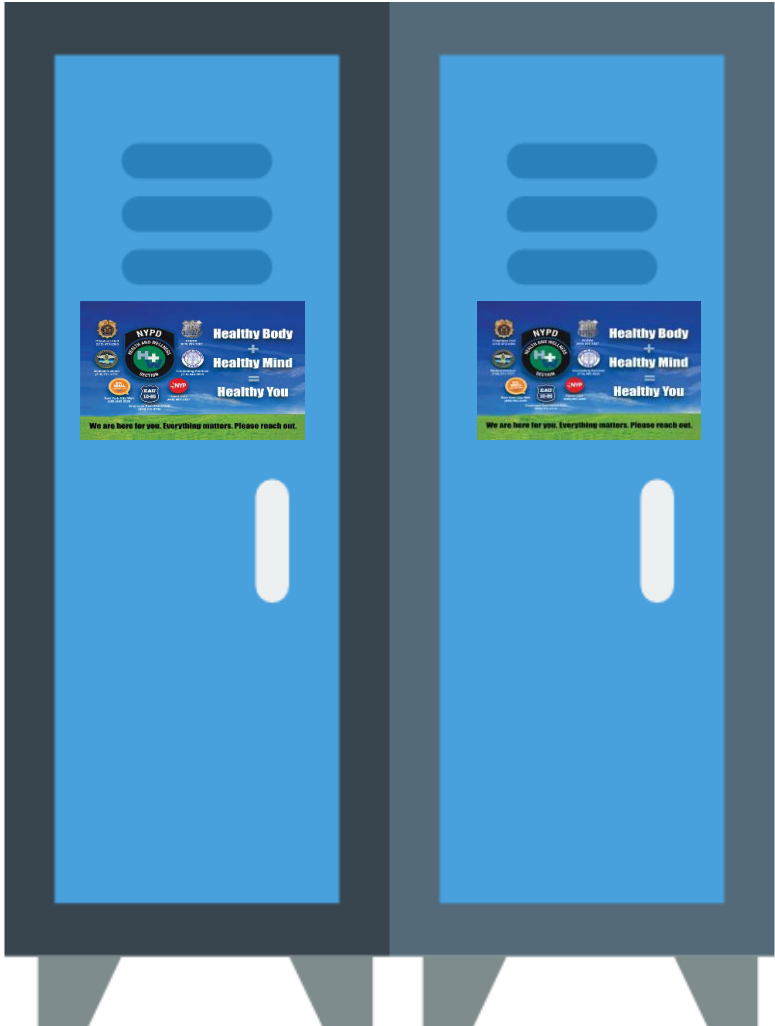


OUTREACH

PRINT MATERIALS



LOCKER STICKERS

ADMINISTRATIVE BULLETINS

WELLNESS NEWSLETTER

WALLET CARD LIFE SAVER



SQUARE SPACE

SCHEDULING APP



The Health and Wellness Section has now made it easier for everyone in the Department to access the many trainings, seminars and events the unit offers.

[HOW TO ACCESS](#)

Simply just use your Department cellphone or your personal cell phone by bringing up your camera application, hold it up to the screen facing the QR code and scan the code.

You will now see an option to enter the App where you can view and schedule yourself for all of the classes the Health and Wellness Section has to offer.

Classes Include:

Yoga

Fat 2 Fit

Fitness and Nutrition

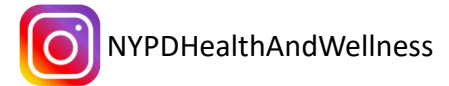
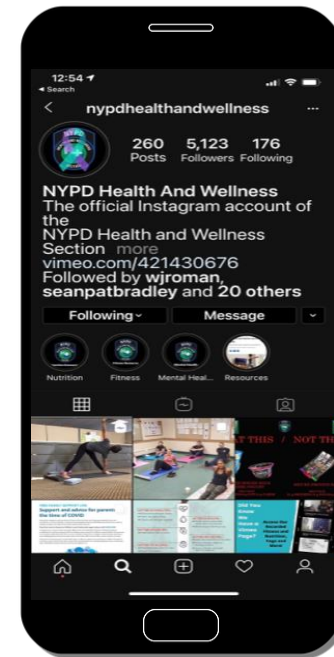
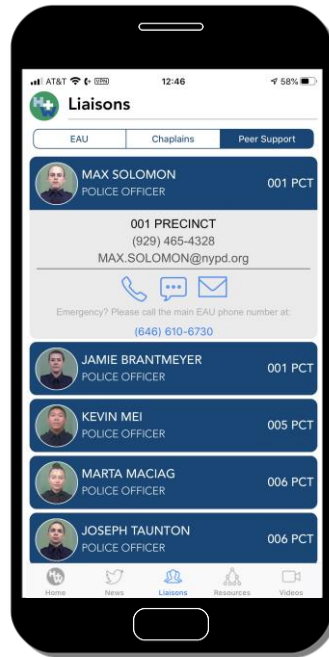
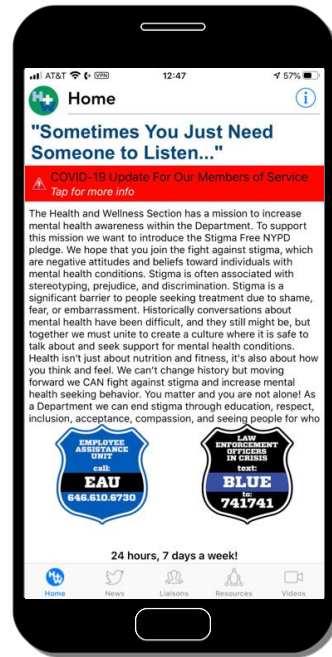
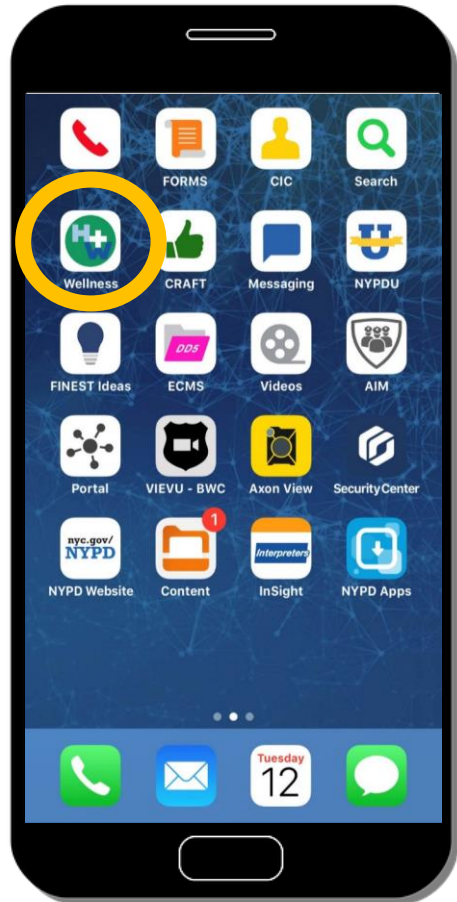
Smoking Cessation

Retirement Seminars



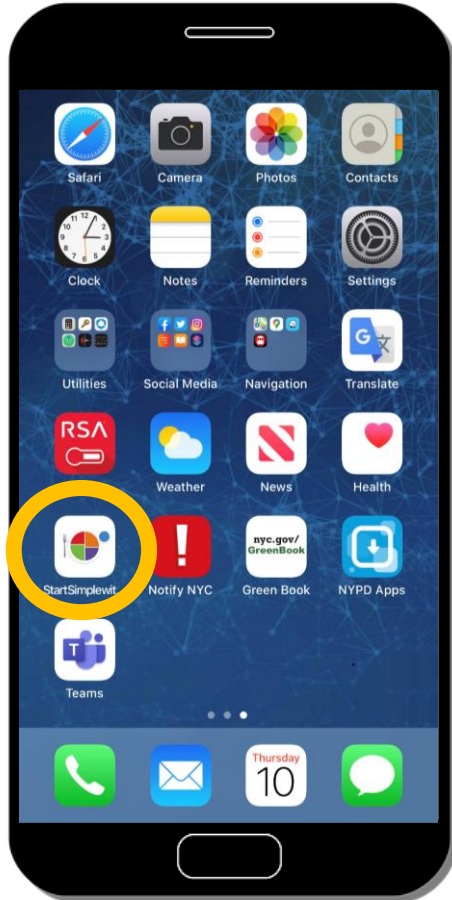
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SMARTPHONE - WELLNESS APP/SOCIAL MEDIA



OUTREACH

SMARTPHONE - EXTERNAL RESOURCES



Start Simple with MyPlate

- On all Dept phones
- Potential reach of 35,000 MOS
- Mobile nutritional tool
- Provides tips, ideas, and inspiration
- Helps easily incorporate nutritional needs into MOS busy lifestyle
- Helps build healthy eating habits

