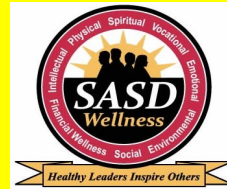


Weekend Health Tips



Haleigh Kaiser- SASD Wellness Intern

May 5th, 2017

May Visits:

Weigh- In!

Don't forget to weigh-in for the "One Pound At A Time" challenge you signed up for in January!



Summer is around the corner!!

Stop in and receive the tracking sheets for the summer challenge!

Wisconsin Summer Adventure Challenge!

June 12th - August 12th

Hike, Bike, Paddle, and Zip your way around Wisconsin! Each day, record your number of minutes of exercise under the corresponding date. Each week will lead you to a new outdoor adventure destination! Return Completed Sheet to Jeri or Sarah by August 18th!

Participate: T-Shirt / Half Adventure: 25 Points & T-Shirt / Full Adventure: 50 Points & T-Shirt (Fun Kids Prizes too!!!)

Grand Prize: 2 Employees will win a FREE Personal Day!!!!

Completed sheet must be returned to be entered into a drawing!

In this issue:

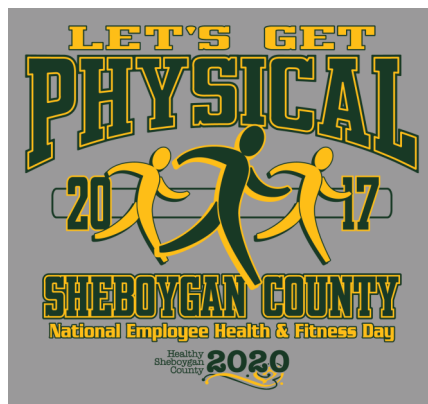
- Weigh-in
- Summer Challenge
- Employee Fitness
- Bio-Screen
- Exercise Classes
- Mindfulness Retreat

National Employee Health and Fitness Day!

May 17th!

Exercise 20-30 minutes!

Enter into Google link provided on May 17th
for a chance to win fabulous prizes!!



2017 Back To School Bash!

Tuesday, August 22nd

South High School

Bio Screen Appointments!

Sign up for the bio screens at ELC *begins May 1st!* Bio screens will be from **June 9th-July 12th**. Special screenings before school ends for those employees who live out of town only. Limited Saturday appointments will be available for those who cannot make appointments during the week. Watch for the email at the end of April!



[Click here](#) for the updated Sheboygan County InHealth Clinic Flyer!

Complimentary Access Week!

Exclusive invitation to SASD employees and families! The Sports Core in Kohler is offering a complimentary access week!

Monday, May 8th- Sunday May 14th!

[Click here](#) for more details!



Mindfulness Retreat!

Saturday May 20, 2017

Join us at our first annual event, *Mindfulness*, to be held at the beautiful Lake Orchard Farm Retreat property just north of Sheboygan along Lake Michigan. This adult event is and is intended to bring relaxation, renewal, and reflection for attendees through the offering of a variety of sessions.

[Click here for more information and to register!](#)

(Space is limited. Must pre-register by May 5th)

**FREE
FITNESS
CLASSES!**

Bootcamp!

Mondays

4:30-5:30 pm

South High Rm 116

Core Fusion & Strength!

Thursdays

5:30-6:15 am

North High Gym

Yoga!

Tuesdays

3:30-4:30 pm & 4:30-5:30 pm

South High Rm 116

Zumba!

Sign up by emailing

mikki.payne@aurora.org

Tuesdays

April 4th- May 30th

5:30-6:30 pm

[Click here for summer class schedule!](#)