



## WHAT'S HAPPENING IN WELLNESS

September 2023



### Breathe, Release, and Reduce!

Congratulations on surviving the first month of the 2023-2024 school year! In this short amount of time, wellness has been present with a Welcome Back Week of Wellness, Yoga @ Atlanta Botanical Garden (see attached pictures), and

an introduction to credit building. September will entail more opportunities to prioritize your wellbeing while smiling, stepping, and saving. Start each week with Meditation Mondays. A quick 5-minute guided meditation can help with focused **breathing** while **releasing** tension in your body to **reduce** stress levels. Participating in the APS 5K Fun Run on September 9<sup>th</sup> will prepare you for the Step Challenge that will take place in October. Look out for more information regarding registration! Operation HOPE will hold a class around entrepreneurship and small business tips. REMEMBER! The well-being of all staff - from the bus line to the lunch line or the classroom to CLL - is a district priority. Be sure to join and partake in the many initiatives, challenges, resources, and services.

Let's #BeWellAtAPS

-Phaedra Brown, Program Director Employee Well-being

## EVENTS THIS MONTH

### Weekly

[Meditation Monday](#)

[Walk It Out Wednesday](#)

### September

Sept 9: APS 5K Fun Run

Sept 18: Registration for October Step Challenge

Sept 21: Entrepreneur/Small Business Class hosted by Operation Hope @ 5:30PM via [ZOOM](#)



### For additional information

[Phaedra.Brown@apsk12.org](mailto:Phaedra.Brown@apsk12.org) and [Shaquina.Rainey@apsk12.org](mailto:Shaquina.Rainey@apsk12.org) and visit the website [www.atlantapublicschools.us/wellbeing](http://www.atlantapublicschools.us/wellbeing)

## OUR PARTNERS

[Emory Urgent Behavioral Health Services](#)

[Deer Oaks EAP Service](#)

[Operation Hope](#)

[The Namaste Project](#)

[Do The Most Synergistic Wellness](#)

[Atlanta Botanical Gardens \(ABG\)](#)

[Working Advantage](#)

[Family First](#)

[Invest Atlanta](#)

[VIVA](#)

[AAA](#)



### September Monthly Resources

[New Seasons New Savings- Working Advantage](#)

[Preventative Health w/ your Physician SHBP](#)

[Employee Newsletter & Supervisor Newsletter – Deer Oaks EAP Service](#)