



# WHAT'S HAPPENING IN WELLNESS

October 2023

## FALL INTO WELLNESS

October brings a season of cooler weather for cozy layers, crispy colors, and awareness to our physical and mental health. Breast Cancer Awareness month is recognized this month so we all, yes, **women and men**, must be aware of their medical predisposition and take necessary precautions to be screened. If you are at the age of 40 or have a family history of breast cancer, talk to your doctor or health care provider about when to begin screening for breast cancer. You are also able to receive incentives through your insurance for screenings.



October 10<sup>th</sup> is Mental Health Day! The theme this year is '**Mental health is a universal human right.**' It is a basic human right for all people and it is vital to overall health and wellbeing. Find time on this day to educate yourself on strategies, support, and resources needed to

improve your mental health. Take advantage of a few of the supports APS offers such as [The Mindful Adult Program](#), [Deer Oaks EAP Services](#), and [Sharecare](#).

Let's #BeWellAtAPS

## EVENTS THIS MONTH

### Weekly

[Meditation Monday](#)

Walk It Out Wednesday

### October

October 1-31: Fall Step Challenge

October 3: [Smart Cart Workshop+](#) (Do the Most Synergistic Wellness) @ 7PM

October 9-11: Fall Break

October 19: [Surviving the Holidays](#) (Operation Hope) @ 5:30PM

October 30: Explore Night @ APS\*

\*ABG Membership Required | +Registration Required

### For additional information

[Phaedra.Brown@apsk12.org](mailto:Phaedra.Brown@apsk12.org) and [Shaquina.Rainey@apsk12.org](mailto:Shaquina.Rainey@apsk12.org)

*Smart Cart* WORKSHOP

Tuesday  
10.03  
7 p.m.

- Learn how to identify & shop for nutrient dense foods
- Learn to read produce labels
- Gain shopping strategies for budget & health
- Tips & tricks to maximize your grocery budget
- Smart Cart Activity (worksheet to fill out before class)

SCAN TO REGISTER

Be Well at APS

DO THE MOST synergistic wellness  
[info@dothemost.biz](mailto:info@dothemost.biz)

## ICYMI



Our newest partner, Do The Most Synergistic Wellness, has begun their classes around teaching adults about general nutrition concepts and the impacts that nutrition choices have on the physical body as well as the mind.

Click [HERE](#) to access the replays.

Password (case sensitive): APShighVibes

### **Session 1: Generational Health**

Often, we discuss generational “wealth,” but what about generational health? This session focuses on things that impact health but with a focus on

nutrition. We discuss major diseases and how food can be a contributing factor in illness and/or in the healing cycle. Additionally, we cover the importance of making health a priority.

### **Session 2: Soothe My Mood**

This class delves into how food impacts everyone’s mood. This discussion breaks down sugar, caffeine, hormones, neurotoxins, eating cycles, and how they all relate to mood. We offer lifestyle or habit changes that can be implemented to help regulate mood.

***Don’t miss the next class! Smart Cart Workshop:*** This interactive session offers a virtual “tour” of a traditional grocery store, educates participants on food labels, and teaches how to shop the most nutrient dense areas of the store. There is a pre-class activity in which participants fill out their regular shopping list, and then we do a line item “shop swap” for what the healthier option could be. This gives participants a very applicable way to build a “smart cart” every time they shop.

### **October Monthly Resources**

**[Be Well SHBP via Sharecare-SHBP](#)**

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

**[Working Advantage](#)**

**[Check out the Employee Wellbeing Website](#)**