



Fort Bend ISD Wellness Wednesdays

Stress is defined as “physical, mental, or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.” Fort Bend ISD recognizes the need to provide more programs to help employees better manage their personal stress. Therefore, we are implementing an employee focused “virtual” wellness day.

Join us every Wednesday at 8:00 a.m. for a Stress Relief Activity!

[Click for Wellness Wednesday](#)

Password: FBISDWW

2023

(Spring)

January (Physical Fitness Month)

- January 11: Kick-off the New Year Breathing and Stretch With Your Wellness Coordinator Gary Hajdasz
- January 18: "Health at Your Desk" Airrosti Physical Therapy
- January 25: "Yoga at Your Desk" with Awakened Yoga

February (Heart Health Month)

- February 1: "Know Your Numbers" Presented by your wellness coordinator Gary Hajdasz
- February 8: Heart Healthy Easy 15 Minute Cardio Workout at Your Desk with Shavon LeBlanc
- February 15: Heart Healthy Eating Presented by My Fit Foods
- February 22: Kelsey Seybold Heart Health Talk with Dr. Sehgal

March (Nutrition Month)

- **March 1:** Healthy Eating On The Go Presented by Wellness Coordinator Gary Hajdasz
- **March 8:** Nutrition Presentation
- **March 22:** Heart Healthy Eating Presented by My Fit Foods
- **March 29:** Cooking Oil Smoke Points Presentation

April (General Wellness & Million Mile Month)

- **April 5:** Yoga Moment with Awakened Yoga
- **April 12:** Eye Stress Relief Exercise with Gary
- **April 19:** Chair Workout with TBD
- **April 26:** Stress Relief Toolkit Presentation with Gary

May (Mental Health Awareness Month)

- **May 3:** Mindfulness by EAP Consultant Kris
- **May 10:** Embracing Happiness by EAP Consultant Angela
- **May 17:** Daily Practices to Increase Mental Wellness by EAP Consultant Kris
- **May 24:** How Gratitude Can Enhance Your Mental Health by EAP Consultant Kris
- **May 31:** There will be NO Wellness Wednesday this week due to end of school

(Summer)

June (Mens Health and Ergonomic and Musculo skeletal Safety)

- **June 7:** "Men's Health; What You Should Know" by Wellness Coordinator Gary Hajdasz
- **June 14:** Ergonomics and You: UHC Unite at Work Video Presentation
- **June 21:** "Back For Health" Presented by your Wellness Coordinator Gary Hajdasz
- **June 28:** Airrosti Presentation: Tech Neck

July (Sun Safety)

- **July 12:** "Sun Safety" presented by United Healthcare (Video Presentation)
- **July 19:** "Summertime Health" Presented by United Healthcare (Video Presentation)
- **July 26:** "Beware of Heat Exhaustion and Heat Stroke" Presented by Dr. Sehgal of Kelsey Seybold

August (National immunization awareness)

- **August 2:**
- **August 9:**
- **August 16: "**
- **August 23:**



[Click for Wellness Wednesday](#)

Password: FBISDWW