

SUMMER 2025



Let's Make this Summer a Healthy One!

Your Fort Bend ISD LiveWell Team is excited to continue our fitness classes this summer! Aquatic Fitness and Open Swim will be offered to all FBISD employees at both the **Aquatic Practice Facility** and the **Don Cook Natatorium**.

(Participants are unable to use the locker rooms but will have access to the lobby bathrooms before and after class)

NEW!! We will offer an employee **LINE DANCING** fitness class this summer. It will be held at **FBISD Wheeler Fieldhouse**.

As a FBISD Employee, you also have access to **One Pass Select**, a complete subscription-based fitness and well-being network that supports a healthier lifestyle and gives you access to 1000's of gyms at one low monthly rate.

URGENT CARE

Your FBISD LiveWell Team wants to remind you to enjoy your summer break. If you or a family member needs medical attention and it is not a true emergency, locate the nearest urgent care center or schedule a tele-health visit with your doctor. Not only will you save money, but you will save time as well.

For more information on finding the right care click [HERE](#)

For a virtual visit (Doctors on Demand) click [HERE](#)

EMPLOYEE ASSISTANCE PROGRAM

This is a confidential program provided to you and your household members at no cost. Get up to **6 FREE** counseling sessions per person, per subject matter.

Call 866-248-4096 to schedule or go to liveandworkwell.com
(Access code: FBISD)

Find **employee support** through a **1:1 virtual or onsite consultation** with your EAP Consultant, Jennifer Williams, LPC **[Click to Schedule](#)**

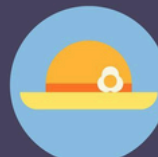
LANTERN (formerly SURGERY PLUS)

Guided access to excellent surgical care included with your medical benefits at no additional cost.

Call a Care Advocate to get started at 855- 200-9513 or visit [HERE](#)

SUN SAFETY

SUMMER SKIN PROTECTION



WEAR
BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE
CLOTHING



AVOID SUN BETWEEN
11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE
WATER



REFLECTION
CAUTION



SEEK SHADE



AVOID DIRECT
SUNLIGHT