

## **2020 Employee Virtual Wellness Fair**

Due to the COVID-19 Pandemic, we are unable to host our annual wellness fair. In its place, we are holding virtual wellness events starting the week of November 1. The programs will begin after 5 PM to enable all employees to join after work hours. Those that are unable to attend live will also have the option to watch the programs later as we will post the recorded versions of the presentations on the Benefits Webpage. To register, click on the registration link and fill out the form. You will receive the Zoom information via your RCSDK12 email address before the event. **We will also post the links to register on the Benefits webpage.** The following are the scheduled presentations:

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|--------------------|--|--------------------|
| <b>November 3</b>  | <b><u>Healthy Eating on a Hectic Lifestyle</u></b>   | <b>6PM to 7PM</b>  |
|                    | <b>Summary:</b><br>Krista Lehde of Be Healthy Buffalo will be exploring the idea of incorporating healthy food into your diet via meal prep. We will discuss different ways you can meal prep and will showcase how meal prep is a way of being organized to enable you to get the best bang for your buck. It's not as complicated as it sounds and we will give you information to help you get started. |                    |
|                    | <b>Registration Link:</b> <a href="https://forms.gle/b6Kv58EdGi62Y7heA">https://forms.gle/b6Kv58EdGi62Y7heA</a>  |                    |
| <b>November 4</b>  | <b><u>Well Being in the Time of COVID</u></b>  | <b>6PM to 7PM</b>  |
|                    | <b>Summary:</b><br>Clinician Patrick Greene of Horizon Health Services will be providing educational awareness around the effects of COVID-19.   |                    |
|                    | <b>Registration Link:</b> <a href="https://forms.gle/AgDex5euFadsfMWD8">https://forms.gle/AgDex5euFadsfMWD8</a>  |                    |
| <b>November 11</b> | <b><u>Mindfulness Program</u></b>  | <b>6PM to 7 PM</b> |
|                    | <b>Summary:</b><br>Clinician Patrick Greene of Horizon Health Services will be providing educational information and applications that your teams can use through mindfulness, acceptance, stress management and communication. Applications can be applied to yourself, colleagues and students.  |                    |
|                    | <b>Registration Link:</b> <a href="https://forms.gle/FqCGV3C8WwSuHcjt8">https://forms.gle/FqCGV3C8WwSuHcjt8</a>  |                    |

**November 16**      **OMNI**      **5:30PM to 6:30PM**  
**Summary:**  
OMNI is the District's third party administrator of the 403b retirement plan offerings. They will be providing an overview of the plans and what steps to take to start a 403b retirement account.  
**Registration Link:** <https://forms.gle/yAz7EgN5h7txnuA86>

**November 17**      **Excellus BC/BS Presentation**      **5:15PM to 6:15 PM**  
**Summary**  
Excellus will be providing an overview of the District's current medical and dental plan offerings.  
**Registration Link:** <https://forms.gle/osAybgFF2aqiGv9N8>

**Stress Eating**      **6:30PM to 7:30PM**  
**Summary:**  
Krista Lehde of Be Healthy Buffalo will cover mental awareness as well as nutrition. Discussion will focus on different strategies you can use to avoid stress eating.  
**Registration Link:** <https://forms.gle/UNRZUEuXMX7deXVd9>

**November 18**      **NexGen EAP Program Presentation**      **5:30PM to 6:30 PM**  
**Summary**  
NexGen is the District's Employee Assistance Program. All services provided by NexGen are free! Learn some of the additional benefits that EAP has to offer that you may not be currently utilizing.  
**Registration Link:** <https://forms.gle/yay6AH3XDoJVWXco8>

**November 19**      **Inward Office Yoga**      **5:30 PM to 6PM**  
**Summary**  
Join Marla Pelletier of Inward Office Yoga for a 15 minute chair yoga class and an overview of the current virtual wellness programs being offered by the District.  
**Registration Link:** <https://forms.gle/9PV8ZLriqQrDitJ58>

**NYS Deferred Compensation Plan**      **6:15PM to 7PM**  
**Summary:**  
**The Pre-Retirement Webinar** is a free educational webinar designed to explain important considerations to think about if you are approaching

retirement. The presentation will discuss longevity, income sources, asset consolidation, and withdrawals/required minimum distributions.

**Registration Link:** <https://forms.gle/zWcHBRnmmuzfmcNb8>

**November 20**

**Benefit Department- Q&A**

**5:30PM to 6:30PM**

**Summary:**

This hour session gives employees the opportunity to ask any general questions pertaining to open enrollment and the RCSD Benefit plans.

**Registration Link:** <https://forms.gle/YtS1PVR1c686LgRB8>

**December 1**

**What's the Truth?**

**6PM to 7PM**

**Summary:**

In this program we will review what a balanced plate is, aka our macros (a balance of carbs, fats and proteins). We are going to show proper food portions and discuss what are the better choices for each carb, fat and protein group.

**Registration Link:** <https://forms.gle/LAwTxWsDULiXeFq87>

**December 9**

**Practical Interventions**

**6PM to 7PM**

**Summary:**

Clinician Patrick Greene of Horizon Health Services will be providing education around interventions designed to help you in more extreme emotional and stressful moments. These applications will help you to increase effectiveness and expand your window of tolerance.

**Registration Link:** <https://forms.gle/RUtSQjdE1Y8mddQK8>