



Stall News

January 2020

Start Your Year Right with SmartDollar!



Forget about that worn-out resolution to “be better” with your money. Get ready to crush your money goals! Begin the next chapter of your journey with SmartDollar, a fully paid-for benefit offered to eligible employees!

Sign up today and get 24/7 online access to inspiring content and tools to help you put into practice what you learn. Join the millions following a proven, step-by-step plan today!

Learn more at mpsaz.org/wellness.

Get Support with Your New Years Resolutions: Join Weight Watchers

Start the New Year with a plan! Weight Watchers at Work returns to Fremont Junior High and Student Services this month. Attend the registration meeting 4:30 p.m. Wednesday, Jan. 15. Meetings will be Wednesdays at 4:30, beginning Jan. 22.



Fifteen people must register at each location to offer the series. **Register at** mpsaz.org/wellness

Know Your Numbers: Feb. 3 - 28



Confidential biometric screenings will be onsite across the district in February to help you monitor your health. The screening is **FREE** regardless of insurance coverage.

Cigna members will earn 100 points towards the wellness incentive. Registration is required. Visit <http://www.mpsaz.org/wellness> for additional information.

Love Your Heart Cooking Demo

To get a head start for February’s American Heart Month, learn about smart foods to pile on your plate and which to limit or avoid. Do you know what foods will lower your risk of heart disease? You’ll leave with heart-healthy recipes that are tasty and good for you.

When: Jan. 23, 4:30 – 5:30 p.m.

Where: Fremont Transportation



Register at mpsaz.org/wellness