

February 2024

Wellness Newsletter



Wellness encompasses 8 mutually interdependent dimensions: physical,

intellectual, emotional, social, spiritual, vocational, financial, and environmental (1). Attention must be given to all the dimensions, as neglect of any one over time will adversely affect the others, and ultimately one's health, well-being, and quality of life.

Set Wellness Goals: Mental, Physical, Social, and Spiritual Goals.

SMART goals are: Specific, Measurable (how will you know if you met your goal), Actionable (what action will you take to meet your goals), Realistic, and Timelined

WELLNESS INFORMATION

COVID Vaccination Clinic for Staff

Thursday, Feb. 15, 2024

Johnson-Wabash 6th Grade Center @ 11 a.m. - 2 p.m.

685 January Ave. 63135

To host the clinic, Greater Health Pharmacy requires a minimum of 30 staff members to register by Friday, Feb. 9 at 4 p.m. Please complete the form: [COVID-19 Vaccine Sign-Up](#). Bring a copy of your insurance card.

Pfizer vaccine ONLY

Please complete the form by Friday, Feb. 9

[COVID-19 Vaccine Sign-Up](#).

MONTHLY EVENTS

February IS:

For more information, hover over and click on the topic.

- [American Heart Month](#)
- [AMG/Low Vision Awareness Month](#)
- [National Children's Dental Health Month](#)
- [Recreation Therapy Month](#)
- [Congenital Heart Disease Awareness Week February 7 – 14](#)
- [National Children's Dental Health Month](#)

Register for Birds of Winter
riverlands.audubon.org
 or scan QR code

Eagle Ice Fest
 Kick off eagle season this year at the Alton Audubon Eagle Ice Festival! Check out the schedule on Facebook @audubonriverlands!
 January 6th.....10:00a-2:00p

Raptor Saturday
 Made possible by Phillips 66
 Live Raptor Meet & Greets and Guided Swan & Eagle Walks throughout the day.
 Ticket Levels: Meet & Greet and Swan & Eagle Walk: \$10ea S'mores: \$5
 January 13th, 20th, 27th.....10:00a-2:30p
 February 3rd.....10:00a-2:30p

Also made possible by Sarah Wilson & Lou Stemmler

Winter Illumination Walks
 Live Owl Meet & Greet, Illuminated River Ark, Night hike, S'mores and more!
 Ticket Levels: \$5 youth \$15 Adults
 December 16th and 17th.....5:00-8:00p

Eagle Days w/ MDC
 February 10th.....9:00a-3:00p FREE

Bows for Birds
 Made possible by Widman, Inc.
 STL Region-wide bird themed scavenger hunt with raffle prizes. Can you find all 12 birds?
 December 9th through February 4th 2024 FREE

Eagle Sunday
 Live Eagle Meet & Greets and Guided Swan & Eagle Walks throughout the day.
 Ticket Levels: Meet & Greet and Swan & Eagle Walk: \$10 S'mores: \$5
 January 7th, 14th, 21st, 28th.....10:00a-2:30p
 February 4th, 11th.....10:00a-2:30p

Roost Watch
 Made possible by Warren & Susan Lammert
 Experience roosting winter migrants on these Saturday evening events. FREE
 January 6th, 20th.....4:00-5:30p

Great Backyard Bird Count
 Made possible by Missouri American Water
 Virtual Training: February 9th FREE
 Event: February 16th-19th FREE

Quality Construction Since 1952
WIDMAN

MISSOURI AMERICAN WATER

PHILLIPS 66 | WOOD RIVER REFINERY

Birds of Winter is held at the Riverlands Migratory Bird Sanctuary in collaboration with the US Army Corps of Engineers and on USACE property, but is not a USACE sponsored event.

National Agencies and Advocacy and Professional Organizations: Advocacy and professional organizations can be a good source of information when looking for a mental health professional. They often have information on finding a mental health professional on their website, and some have practitioner locators on their websites. Examples include but are not limited to:

- [Anxiety and Depression Association of America](#)
- [Depression and Bipolar Support Alliance](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)

Please know that asking for help is a sign of strength — not weakness. If you're in a crisis, please dial 988 to reach the Suicide & Crisis Lifeline. If you're looking for professional help or looking for specific support, we encourage you to use [Good Good Good's Mental Health Resources Guide](#). You can also [text HOME to 741-741](#) to instantly connect with a trained crisis counselor, 24/7, for free.

[Help for Mental Illnesses - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)

BENEFITS

Staying on Track

Come learn from a Real Appeal Coach!

Real Appeal® is an online lifestyle and weight management program. It's available to you at no additional cost as part of your health insurance. And this year, Real Appeal offers even more coaching, more focus on building new habits, and more inspiration.

Join this Coach Corner event to learn more about the program experience and hear from a Real Appeal Coach!

Making a lifestyle change to lose weight can seem intimidating. In this event you'll learn tips about how to overcome common challenges and stay on track with your goals. Whether you're interested in joining Real Appeal or already a member, this event is open for all.

- When: Thursday, February 15, 2:30pm CST (12:30pm PST, 3:30pm EST)
- Register to Attend: Click on the link below. Once registered, you will be prompted to add the event to your calendar.
 - [Registration Link](#)



[Help your family make healthy choices together.](#)

NUTRITION



[Get growing in the sustainable garden of your dreams!](#)

Spring Training for Gardeners is for beginners and anyone wanting to grow your most abundant garden yet. This course will meet you where you are: Whether you can join us for the Full Course (5 live-online classes + 3 hands-on workshops in Ferguson) or grow with us remotely with the 5-class Live-Online Course. Spring Training 2024 will take place March 13th - April 13th and be taught by [our amazing starting lineup of farmer educators!](#)

Find our Farm Fresh Produce at the Ferguson Winter Farmers Market all Winter Long!

Pay what you can for produce at our booth at

The Ferguson Winter Farmers Market

Third Saturdays of the month

November - April

9am-Noon

St. Stephen's Episcopal Church

33 N. Clay Ave.

Ferguson, MO 63135

[Summer Camp Guide](#)

FINANCIAL HEALTH

What Is Financial Health?

DEFINITION

Financial health is a term often used to describe your overall fiscal well-being. It takes into account factors such as your income, debts, expenses, and savings, and provides a snapshot of your financial situation.

Registration for St. Charles' MO' Cowbell Marathon opens soon

Need a little wintertime motivation to lace up those sneakers again? Make the [MO' Cowbell Marathon](#) your goal. With 5K, 10K, half marathon, and full marathon options on a flat, fast, and fun course, runners of all levels should look forward to this one.



FITNESS CHALLENGE

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3 Reverse Lunges Heel Walks (20 seconds)	2 3 Knee Raises Tippy Toe Walk (20 seconds)	3 3 Reverse Lunges 3 Squats
4 5 Knee Raises 5 Squat Jumps	5 5 Reverse Lunges Heel Walks (30 seconds)	6 5 Knee Raises Tippy Toe Walk (30 seconds)	7 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	8 5 Reverse Lunges Heel Walks (30 seconds)	9 5 Knee Raises Tippy Toe Walk (30 seconds)	10 5 Reverse Lunges 5 Squats
11 7 Knee Raises 8 Squat Jumps	12 7 Reverse Lunges Heel Walks (40 seconds)	13 7 Knee Raises Tippy Toe Walk (40 seconds)	14 Refer to NFL STADIUM GEOGRAPHY TASK CARD 1 & MAP	15 7 Reverse Lunges Heel Walks (40 seconds)	16 7 Knee Raises Tippy Toe Walk (40 seconds)	17 7 Reverse Lunges 8 Squats
18 10 Knee Raises 10 Squat Jumps	19 10 Reverse Lunges Heel Walks (1 minute)	20 10 Knee Raises Tippy Toe Walk (1 minute)	21 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	22 10 Reverse Lunges Heel Walks (1 minute)	23 10 Knee Raises Tippy Toe Walk (1 minute)	24 10 Reverse Lunges 10 Squats
25 12 Knee Raises 12 Squat Jumps	26 12 Reverse Lunges Heel Walks (1 minute)	27 12 Knee Raises Tippy Toe Walk (1 minute)	28 Refer to NFL STADIUM GEOGRAPHY TASK CARD 2 & MAP	29 12 Knee Raises Tippy Toe Walk (1 minute)		

Celebrate Football in February

This month we've included a variety of fitness exercises, and football themed geography task cards with a list of activities to choose from. Use this printable calendar to keep the kids in your program active, both in school and at home!

- For Reverse Lunges, do the number listed for each side
- NFL Task Cards – choose one, a combination, or all activities listed

Find the visuals for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.