



**Words of
Wellness**
August 2021

Immunization Awareness Month

August is not only back to school month, but also immunization awareness month. As we prepare to gather for the upcoming school year it important to know that there is protection for the preventable spread of dangerous disease. If the pandemic has taught us anything, it's that vaccines are an important part of public health and keeping our communities safe. The Granite Wellness Center wants to remind you to get up to date on your immunizations. We offer a variety of immunizations here at our center available to you at no cost if you are on the district insurance plan. If you are unsure of what you need, give us a call!

Upcoming Events!

Healthy Living For Life

Wednesdays
9/15/21-12/8/21
4:30PM-5:30PM
RSVP:

Lisa.sehy@premisehealth.com

Emotional Wellbeing

Tuesdays
10/12/21-11/9/21
5PM-6PM
RSVP:

Kimberlie.rew@premisehealth.com



Back to School Wellness Tips:

- Prep lunch items the night or weekend before (including chopping vegetables!)
- Take a walk in the evening after dinner
- Get your exercise in before you go home for the day or walk around your school before you get in your car to go home.
- Schedule a daily meditative session, even if it's for 2 minutes!
- Limit the negative talk
- Create a daily gratitude or what went well list
- Use the weekends for Wellness. Eat Well, Sleep Well, Move and Laugh!



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"Do your best and let the rest go. You can't be perfect, no matter how hard you try, so give yourself credit for making an effort and try to not stress too much about the outcome"
-Lori Deschene

