

National Nutrition Month & March Wellness Programs

HEALTHY SELFIES & NUTRITION FUN

Take a Healthy Selfie photo of you in selfie mode with one of your favorite healthy recipes or a recipe a Kaiser Permanente chef or registered dietitian created. Send that photo to Employee Wellness by 3/31 and get entered into a raffle for a chance to win 1 of 25 Fitbits.

Email address: EmployeeWellness@fultoncountyga.gov

TOTAL BRAIN'S REVIVE & RECHARGE CHALLENGE

Join this challenge to learn techniques to boost your personal battery and methods to replenish mental energy. Complete the challenge goals and enter the raffle for a chance to win 1 of 25 Fitbits. Challenge runs from 3/1 to 3/31. See flyer for QR registration code.

SPRING INTO MOTION CHALLENGE

Get inspired to move more and experience all the fun this season of renewal brings. Compete individually and on a team for added fun. The top team will win Fitbits. Those who complete the challenge will be entered into a raffle for a chance to win 1 of 25 Fitbits. Challenge runs from 3/3 to 3/31. See flyer for QR registration code.

WELLNESS PROGRAMS

Anthem's EAP Webinar - Sleep Basics

3/13/25 12:00 to 1:00

Anthem's EAP Webinar - Relaxation to Suit Your Lifestyle

3/18/25 12:00 to 1:00

Kaiser Permanente's Healthy Eating

Demo 3/20/25 12:30 to 1:00

Kaiser Permanente's Meal Prep Webinar

3/27/25 12:00 to 1:00

Contact Employee Wellness to learn more and to get registration links
employeeWellness@fultoncountyga.gov



These programs are free and available to all employees, regardless of healthcare provider.

