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Please share this information with staff who may not have computer access!

Wellness Coordinator Says Goodbye

After almost 9 years as your Employee Wellness Coordinator, I have decided to step down from this position. It has been an incredible experience to watch the culture of wellness at Pinellas County Schools evolve, the programs we could offer become more robust and the participation increase. There have been many highlights as I think back over the years...the district challenges we offered such as the hydration challenge that generated so many incredible testimonials about the difference drinking more water each day made, the Woman's Wellness Retreat, the Wellness Champion Program, the breast health campaign and Team Pink (the 20 breast cancer survivors from the campaign), Traveling Bandanas, the health fairs we took to nearly every worksite numerous screenings on early release Wednesdays (three health fairs throughout the district running at the same time every Wednesday with doctors, medical personnel, screeners...looking back, how did that even work?), and now, the HumanaVitality program. Oh, I can't forget the SMART START Wellness Newsletter, the way I've communicated with you nearly every other week since August 2009! (Visit <http://www.pcsb.org/page/430> to read them all again and find those great recipes!). It's been my great pleasure to serve you and I wish each and every one of you all the best this summer and in the years to come.



Sincerely, Christina Kempf

But Wait, There's More!

HumanaVitality starring PCS's finest!

You don't have to stay up until 2am to watch this "infomercial"!

<https://vimeo.com/129546257>



Note the Quote

(a few past favorites)

"If nothing changes, nothing changes."
 ~Zen bumper sticker

"Wherever you go, no matter the weather, always bring your own sunshine."
 ~Anthony J. D'Angelo

"Yoga teaches us to cure what need not be endured and endure what cannot be cured."
 ~B.K.S. Iyengar

PCS Risk Management & Insurance

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