

## Congrats, Education Service Center One!



The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.

The health and wellness programs provided by TRS-ActiveCare can help reduce stress, prevent illnesses and improve emotional and mental health.

The winner of the fall TRS-ActiveCare Wellness Spotlight is...

### **Education Service Center One!**

Benefits Specialist Cynthia Rocha has been making waves year after year! ESC-Region One worked hard to create a culture of wellness by developing a wellness committee, hosting monthly events, adding mother's/nursing rooms and stocking healthy snacks! They didn't stop there – after completing an onthemark Wellness Pulse Check Survey, ESC-Region One:

- earned Texas Mother-Friendly Worksite silver-level status AND American Heart Association silver-level status
- installed walking distance markers indoors and outdoors
- launched an onsite healthy food to-go service
- hosted biweekly Zumba and yoga classes onsite
- expanded wellness communications channels
- created volunteer opportunities for employees to give back to local organizations, like the Rio Grande Valley Food Bank



They're showing no signs of slowing down and the hard work is paying off! **Thank you for being a great role model for wellness.**

#### **More about the Wellness Spotlight**

Interested in learning about the Wellness Spotlight and other programs available to you through TRS-ActiveCare? Work with your Senior Wellness Consultant, Marissa Ryals! She can help your district or Education Service Center:



- earn or maintain a Worksite Wellness Award
- have a current and active Employee Wellness Program
- have a dynamic Employee Wellness Committee
- offer ongoing wellness initiatives like Be Well Challenges, Wellness 5k events, health education events, TRS-ActiveCare Wellness campaigns, and health fairs
- complete the onthemark Culture and Environment Assessments or onthemark Wellness Pulse Check Survey

Reach out Today!

Marissa Ryals, Senior Wellness Consultant

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