April 22 is Earth Day

In 50 years one tree recycles more than $37,000 worth of water, provides $31,000 worth of erosion control, $62,000 worth of air pollution control, and produces $37,000 worth of oxygen.
Most everyone knows this – but in case you don’t - an actual trip to the doctor isn’t always necessary. In some cases, you can save time and money by simply emailing your doctor and providing a photo taken with your smart phone. Recently a co-worker was encouraged to do just that and within less than an hour she had her diagnosis and her prescription ready for pickup. She incurred NO office visit charge and she didn’t need to find time to take off work or use her personal time. Instructions below if you need to know!!

**Instructions:**

You may attach up to 3 image(s). The allowed file types are JPG, JPEG, BMP. The maximum file size is 4.88 MB.

**If you are sending photos:**
- Turn off your flash
- Use good lighting
- Make sure the camera is focused on the area of interest
- Use a plain background
- Take photos from different distances (far, close, very close)
- Name photos based on location of image (left arm, right leg, etc.)

If you need help attaching digital images to your secure message, please read our instructions.
So many of you expressed interest in this course... so here is an upcoming sneak peek....

Reserve your seat at: PassageWorks.org/Courses/Smart-in-Education

**SMART in EDUCATION**
Mindfulness for Educators

**Introduction to Mindfulness and Stress Reduction for Educators**

**Free Workshop**

This workshop provides a sample of what is offered in our 8-week, 20-hour SMART in Education course (Stress Management and Relaxation Techniques).

**The full SMART in Education course supports teachers in:**
- Re-connecting to personal and professional meaning and purpose
- Finding balance and cultivating emotional intelligence
- Improving mental and physical health

**Research results show that participants who complete the full course have:**
- Reduced occupational stress and burnout
- Reduced feelings of anxiety and depression
- More focused attention
- Increased working memory capacity
- Greater mindfulness
- Higher levels of self-compassion

SMART alumni report that the impact of the full course goes far beyond improved personal well-being. The benefits of this transformational experience also extend to relationships with family, friends, colleagues and students.

Our 60-minute Introduction to Mindfulness and Stress Reduction for Educators will offer you an overview of mindfulness and stress and will teach you several short mindfulness practices you can begin to incorporate into your daily routine.

The complete, 8-week SMART in Education course will be offered as an after school course in Fall 2016.

Workshop seating is limited. Please reserve your space now.

**PassageWorks.org/Courses/Smart-in-Education/**

**Cost: Free**

**Date and Time**
April 20, 2016
2:40pm - 3:45pm

**Location**
West Ridge Elementary School
13102 Monaco St., Thornton, CO 80602
April Wellness Opportunities Onsite

Friday April 1st  Zumba @ ESC 11:30 a.m.

Monday April 4th  Weight Watchers @ ESC 11:30 a.m.
Zumba @ Northeast Elementary 3:50 p.m.
Weight Watchers @ Henderson Elementary 4:00 p.m.

Tuesday April 5th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.
Yoga @ BHA 4:00 p.m.

Wednesday April 6th  Yoga @ Pennock 4:00 p.m.
Adult Fit Club @ Brantner Elementary 4:15 p.m.

Thursday April 7th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.

Friday April 8th  Zumba @ ESC 11:30 a.m.

Monday April 11th  Weight Watchers @ ESC 11:30 a.m.
Zumba @ Northeast Elementary 3:50 p.m.
Weight Watchers @ Henderson Elementary 4:00 p.m.

Tuesday April 12th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.
Yoga @ BHA 4:00 p.m.

Wednesday April 13th  Yoga @ Pennock 4:00 p.m.
Adult Fit Club @ Brantner Elementary 4:15 p.m.

Thursday April 14th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.

Friday April 15th  Zumba @ ESC 11:30 a.m.

Monday April 18th  Weight Watchers @ ESC 11:30 a.m.
Zumba @ Northeast Elementary 3:50 p.m.
Weight Watchers @ Henderson Elementary 4:00 p.m.

Tuesday April 19th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.
Yoga @ BHA 4:00 p.m.

Wednesday April 20th  Introduction to Mindfulness & Stress Reduction for Educators @ West Ridge 2:40 p.m.
Yoga @ Pennock 4:00 p.m.
Adult Fit Club @ Brantner Elementary 4:15 p.m.

Thursday April 21st  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.

Friday April 22nd  Zumba @ ESC 11:30 a.m.

Monday April 25th  Weight Watchers @ ESC 11:30 a.m.
Zumba @ Northeast Elementary 3:50 p.m.
Weight Watchers @ Henderson Elementary 4:00 p.m.

Tuesday April 26th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.

Wednesday April 27th  Yoga @ Pennock 4:00 p.m.
Adult Fit Club @ Brantner Elementary 4:15 p.m.

Thursday April 28th  Swimming 27J District Pool 5:30 a.m.
Heather Evans Boot Camp South Elementary 4:00 p.m.

Friday April 29th  Zumba @ ESC 11:30 a.m.
Energy Medicine Workshop
Saturday, April 2nd

Lisa Keyes
Energy Medicine
Listening and communicating with energy

At This Workshop

Learn different techniques to assist your energy field body, mind and spirit.

Are you the sensitive type? Do you seem to pick up on other's energy? I will discuss tools to feel safe and protected.

I'll cover ways to raise the vibration of your home or office and shield it from unwanted energies!

Powerful meditations and so much more.

Saturday, April 2nd
12:30 - 4:30 PM
COST $50

1342 Washington Ave
Loveland, CO 80537

RSVP by text or phone 720-470-0288 or email-keys4antiaging@yahoo.com
Receive sacred sage and oil
Give it up for our 8 Kaiser Permanente Colfax Marathon Relay teams who are training hard and looking forward to having fun on Sunday May 15th.

Each team consists of (5) 27J Staff Members who will individually run a different relay leg to complete a full marathon.

These 40 people are taking on the challenge:

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<thead>
<tr>
<th>Aarika Capra</th>
<th>Kandice Crowe</th>
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<tbody>
<tr>
<td>Andrea Barber</td>
<td>Karen Smidt</td>
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<td>Anne DeFino</td>
<td>Kate Underhill</td>
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<td>Bill Swearingen</td>
<td>Katie Padderud</td>
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<td>Candace Jacobs</td>
<td>Kelli Rhodes</td>
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<td>Debbie Brehmer</td>
<td>Kevin Denke</td>
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<td>Diana Abbas</td>
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<td>Fabricio Velez</td>
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<td>Matt Royal</td>
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<td>Jamie Bell</td>
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<td>Sara Baldocchi</td>
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<td>Jenni Petit</td>
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