

HEALTH & WELLNESS NEWSLETTER



October 2018

Halloween Class Party Ideas

Support the teachers during class parties by offering snacks that do not get children wired on sugar. Have a kickball game, a monster walk or a silly dance!



For cheesy ghosts, buy mozzarella cheese sticks and use a sharpie marker to draw on eyes

and mouth.

For creepy spiders, thinly slice apples and place pretzels as legs.



Saturday, October 6th

10am-3pm

Conestee Park

(840 Mauldin Road)

[Get Out Greenville](#) is a celebration of all that Greenville County has to offer to the outdoor enthusiast. The mission and purpose of the event is simple: bring together all aspects of the outdoor community in one place to enjoy and learn from each other.

PARTNERS IN HEALTHY SCHOOLS



The [Healthy Schools Program](#) is open. Have your Health and Wellness Team begin the assessment process!

Funding Opportunity

Blue Cross Blue Shield of South Carolina invites schools to support schools' health and wellness efforts by offering a grant opportunity called [WISE](#) (Wellness Inspired

School Environments). Schools must complete the Alliance for a Healthier Generation Assessment to be eligible.



BON SECOURS WELLNESS FAIR

Tuesday, October 23rd

7 a.m. - 1 p.m.

Bon Secours Wellness Arena

VIP Parking Lot off Church St.



• Free Screenings and Assessments •

Wellness Fair Schedule

7 a.m. - 9 a.m.

Oral, Head and Neck Cancer Screening

9 a.m. - 1 p.m.

Flu shots
Breast cancer risk assessment
Colorectal cancer risk assessment
Blood pressure screening
Height, weight, and BMI calculations
Onsite scheduling
Medication adherence counseling

For more information, contact Erica McCleskey, DI Health and Wellness Chair and LiveWell Greenville Partnership Coordinator. emccleskey@livewellgreenville.org or 864-354-4706. Sign up for these newsletters on our [website](#) or by e-mailing.