

INBALANCE

MONTHLY UPDATE FROM INBALANCE - FEBRUARY 2018

inBalance is now on Facebook!



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Search:
inBalance - City of
Springfield Employee
Wellness

Stay up to date with our events & subscribe to the inBalance Share Point calendar today!

1. Go to inBalance Share Point site
 2. Click "Calendar" (upper left corner)
 3. Select "Alert Me"
 4. Click "Set alert on this list"
- From here, you will be able to specify the notifications you would like to receive.

Questions? Email us
inBalance@springfieldmo.gov

FREE Cooking Workshop

inBalance is partnering with Mercy to offer the City of Springfield employees a 4-week cooking workshop through inBalance University. Through the Basic Cooking Series, you will have the opportunity to learn the basics when it comes to preparing and cooking meals. You will learn how to plan meals, how to read labels, basic cooking skills (i.e. holding a knife, chopping, boiling an egg, etc.), and how to be mindful when you are eating.

For complete details, please visit:
springfieldmo.gov/inbalance.

There are still a few dates left to attend our FREE blood pressure screenings. Visit springfieldmo.gov/inbalance for complete schedule.

