Carver Public Schools

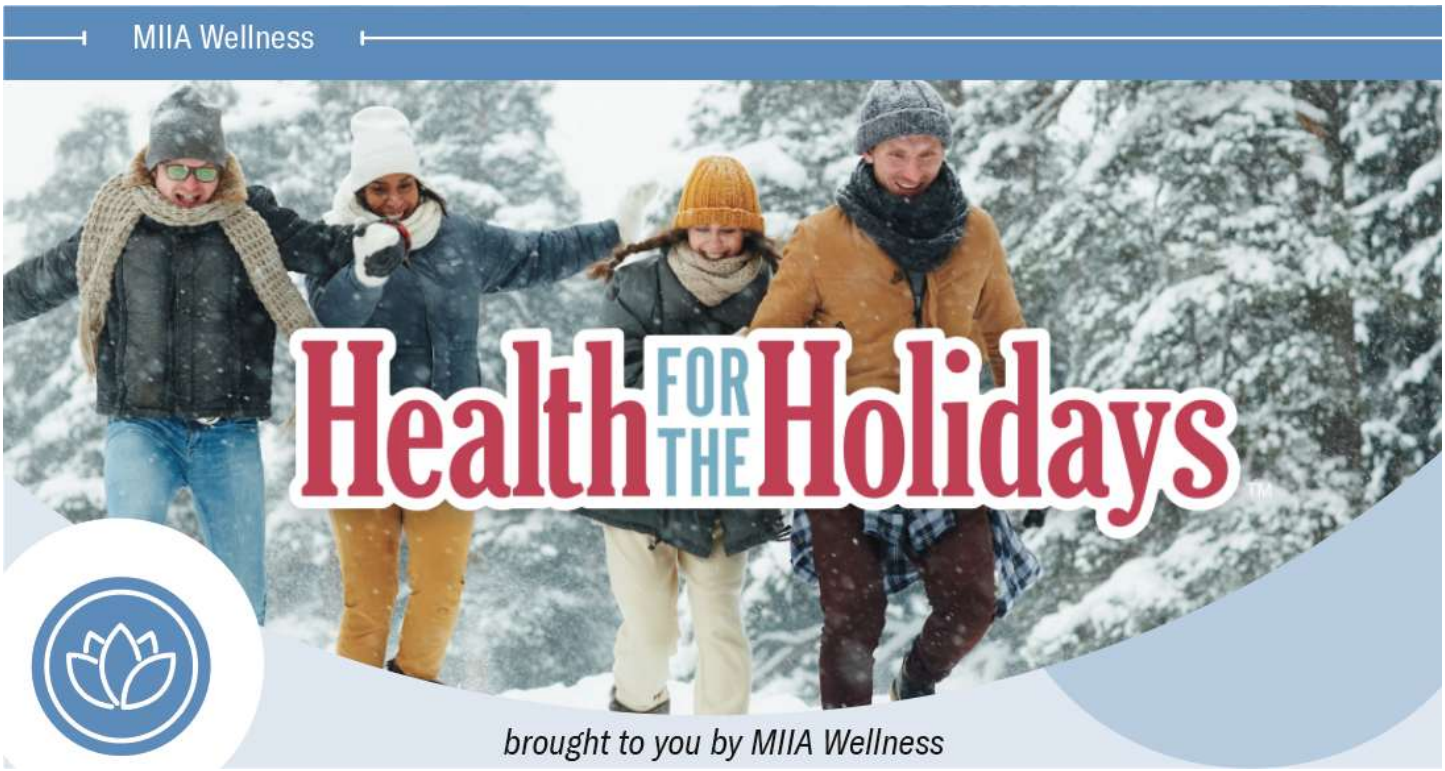
Virden, Kerri <virdenk@carver.org>

Health for the Holidays brought to you by MIIA Wellness

1 message

MIIA Wellness <miiawellness@mma.org>
Reply-To: miiawellness@mma.org
To: virdenk@carver.org

Thu, Nov 5, 2026 at 9:39 AM



Wellness Champions- Please Forward to All Staff

Registration Opens: Monday November 9, 2026

REGISTER HERE ➜

What could be more fun than whimsical winter scenes coming to life as a way to experience progress toward better health? When you record daily behaviors you "paint" magical winter scenes from around the world — while building sustainable habits to end the year with more energy and stronger feelings of joy and hope. This lighthearted program helps you have a healthier, happier holiday season.

Who can participate: Free program open to all employees and spouses. Also open to retirees on a MIIA/Blue Cross health plan

How it Works: Daily activities encourage balanced nutrition, optimal activity, and enhanced happiness and well-being. Participants choose the activities they complete based on their personal goals and interests. Each time an activity is completed, a portion of a winter scene is unlocked, and points are earned. Participants accumulate inches of

This **free, online program** will begin on Monday November 16, 2026. Registration will close on Sunday November 22, 2026.

[Watch a short video to learn more]

snow to visualize daily achievements.

Program Incentives*:
$25 gift card of your choice

Participants who meet the program goal ***and*** submit the post-program survey will be eligible for a $25 gift card of your choice

*Only MIIA/ Blue Cross health subscribers are eligible for gift cards.

Please reach out with any questions.
We look forward to your Health for the Holidays launch!

MIIA Wellness

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