



LEA & MESSA: Health & Wellness




Amie Van Horn



Introduction

As part of the Board of Directors, my role is Professional Services. In collaboration with our LEA Membership Services Director, Heidi

Posh, we worked on a variety of health related initiatives and motivators throughout the 25-26 school year.



Our Big Ideas

1

Motivation

Supporting our members in wellness

2

Awareness

Helping our members learn about wellness topics and MESSA offerings.

3

Community

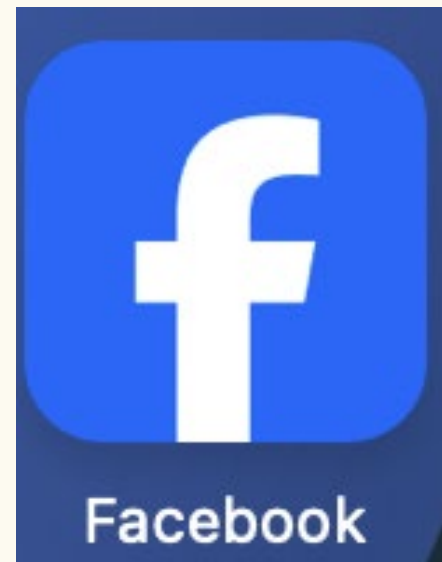
Providing activities to build community among members



Communication



February
2026



Forms

Emails to Membership
with Flyers

LEA newsletter

Announcements at LEA
meetings

Google Form sign-ups

Facebook group



Summer Activity!



Idea #1

Heidi and other LEA members attended Rhonda's AMAZING menopause session at a conference and wanted to bring it to the LEA

A MidSummer Night's Menopause Eve!

Hosted by
the LEA & MESSA

Rhonda Jones, Wellness Consultant from MESSA, will lead us through all things menopause: the new research, common questions and symptoms, helpful resources, and more!

Where?

The LEA office
40500 Ann Arbor Rd, Plymouth, MI 48170

When?

July 23, 2025 4:00PM -6:00PM

Please **register** with **this link**
<http://bit.ly/45vpT Ae> by July 10.
Any remaining spots will be opened to
Plymouth and Wayne Westland teachers
after this date. **Thank you!**



-Very well attended– 45-50 ladies!

-We invited members from another association to join us

-The success of this event excited us to do more...



BIG Idea #2



The LEA and MESSA Presents...

A Winter of Wellness

Join us for a variety of online and in-person events to help encourage one another as we commit to healthy habits.

Whether you want to move more, be more mindful, eat healthier, or just enjoy the company of colleagues, there will be something for you this winter!

Virtual Kick-off Meeting:

January 3 at 9:00 AM
More details soon!



Heidi and Amie met a few times in December. Rhonda and Andrew from MESSA also met with them to brainstorm ideas and offerings. Then we got to work planning month by month!



Monthly Wellness Themes

January

Movement

February

Mindfulness

March

Nutrition





January

LEA Weekly Wellness Motivator

January 5-9

Motivation Monday	10 Take 10 Tuesday	Wellness Wednesday	Take a Trip Thursday	Fiesta Friday
While reconnecting with colleagues, we took a few walk-and-talks around the building. We motivated one another for movement this Monday!	During prep I did 10 shoulder rolls, 10 arm lifts, and 10 leg lifts. Then I circled my ankles and wrists 10 times to loosen up my joints. After school I repeated! 	I attended the Women's Wellness Night to learn from the amazing MESSA Rep Rhonda Jones! Or...I made this a Workout Wednesday and got moving to my favorite music! Maybe both!?!?	After lunch I took a brisk trip around the building. I repeated this during my prep and after school. Getting those steps in one trip around the building at a time! 	I finished the week rockin' to Livin' La Vida Loca after dismissal-- because, Fiesta Friyay! Then I joined my LEA colleagues for conversation, snacks, and fiesta fun at Miguel's.

Motivation Monday, 1/12:
Join us online to learn about upcoming winter wellness activities!

LEA Weekly Wellness Motivator

January 12-16

Make A Plan Monday	Try Something New Tuesday	Wellness Wednesday	Thirsty Thursday	Fitness AND Feel Good Friday
Make a movement plan for the week while getting your movement in...if you can't exercise after work, then get your laps in with a buddy around the building! Join LEA colleagues and the MESSA rep online at 4:30 to learn all about our Winter Wellness activities AND our MESSA coverage/resources!	Find a 10-15 minute video to try on YouTube! Look for walking videos, stretching, Zumba, light weights, chair exercise...there are so many! Or try MESSA's Hinge Health online. Make the time, to try something new today :)	Make this a workout Wednesday after school-- find a 15 minute stretch, walk, yoga, Zumba, weights video-- anything to get you goin'! If you attended last week's Women's Wellness event reflect on what you learned. Keep the momentum going! Talk it out with a friend or colleague.	Keep track of your water in-take today. Are you getting enough? Consider adding a slice of lemon, ginger-- drink warm lemon water if you are cold! Consider trying a healthy shake, juice, or herbal tea. Nourish yourself! Then take the long way to the bathroom all day for added movement-- and needed movement ;)	Secondary has work from home today-- bundle up and get in longer walk in around the neighborhood, try a new fitness video on Youtube, then enjoy the company of your colleagues at the LEA office for your well-earned drink and snacks! Elementary friends...try similar activities today...let's earn those Friday Fun after work drinks and snacks!

Thank you Andrew!

Field Trip to the Livonia Rec on 1/28 to learn about its 100 Days of Health

Thank you Rhonda!



Women's Wellness Night

Hosted by the LEA & MESSA

Start the new year with your LEA sisters as Rhonda Jones, Wellness Consultant from MESSA, leads us through a variety of women's wellness topics-- from hormones to healthy habits, and so much more!

Where?

The LEA office
40500 Ann Arbor Rd, Plymouth, MI 48170

When?

January 7, 2026 4:30PM -6:30PM
There will be food, drinks, and giveaways!

Please register with this link <https://bit.ly/48wDf06> by December 17.



Thank you!



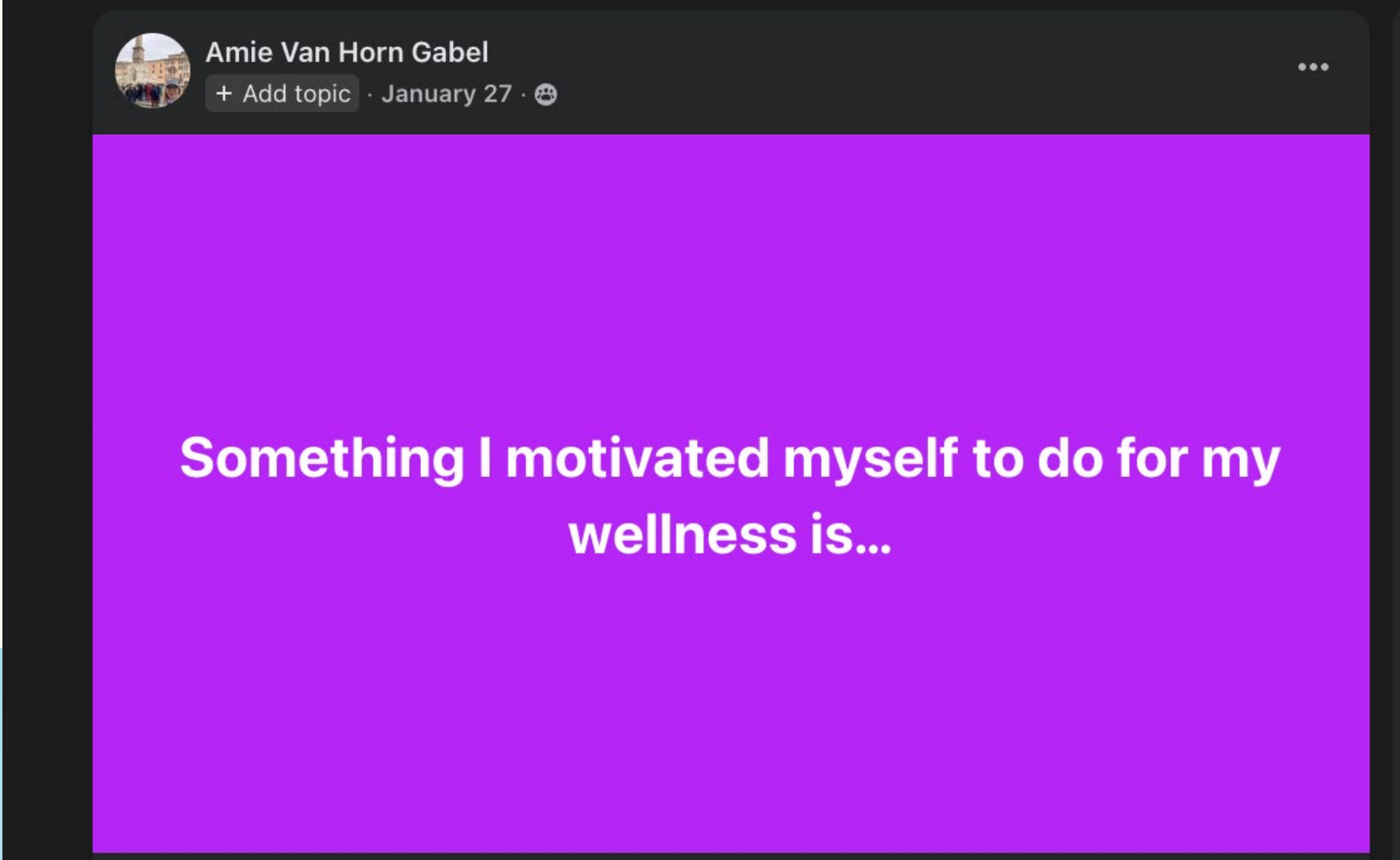
Here's the plan:

- Meet at the Rec Center at 4:30 PM
- Take a guided tour of the facility
- Learn about the upcoming **100 Days of Health** initiative
- Bonus perk: LPS employees can join at the resident rate, even if you don't live in Livonia (yes, really)

If you're wellness-minded, wellness-curious, or just want to see what's inside that building you drive past, this one's for you.

Please RSVP here so we know how many folks to expect:

More Motivational Posts :)



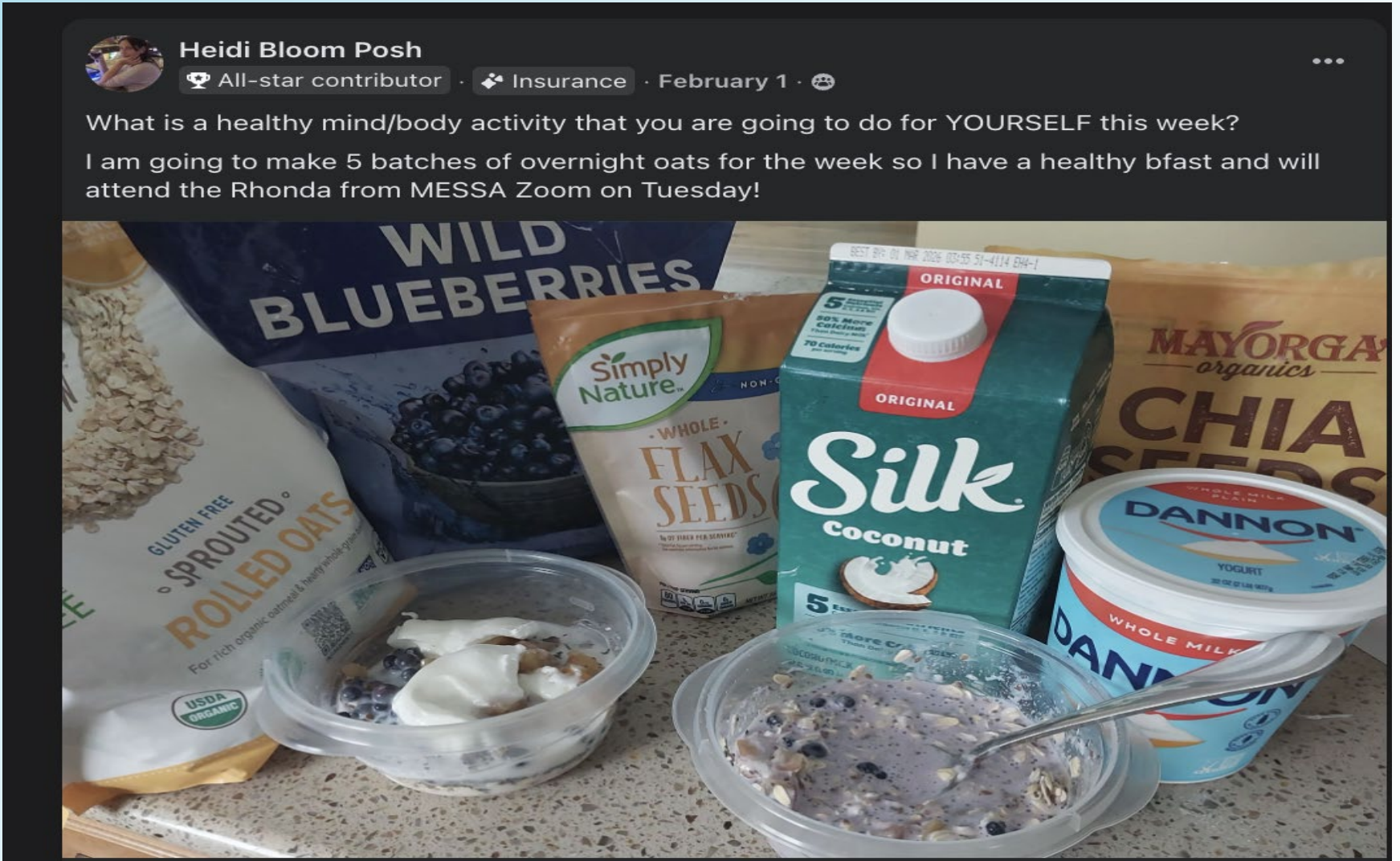
Amie Van Horn Gabel
+ Add topic · January 20 · 🌐

Music...the best motivator for our weekly wellness!

Energetic Workout Songs

Ordinary & Happy

1 "Eye of the Tiger" Survivor	2 "Don't Stop Me Now" Queen	3 "Power" Little Mix	4 "Shake It Off" Taylor Swift	5 "Training Season" Dua Lipa
6 "One More Time" Daft Punk	7 "Jumpin', Jumpin'" Destiny's Child	8 "Level Up" Ciara	9 "Take Over Control" Afrojack ft. Eva Simons	10 "Uptown Funk" Mark Ronson ft. Bruno Mars
11 "Pump It" Black Eyed Peas	12 "Don't Stop the Music" Rihanna	13 ★	14 "Run the World" Beyoncé	15 "Push It" Salt-N-Pepa
16 "Lose Yourself" Eminem	17 "Can't Hold Us" Macklemore & Ryan Lewis ft. Ray Dalton	18 "Turn Down for What" DJ Snake & Lil Jon	19 "Gimme More" Britney Spears	20 "On the Floor" Jennifer Lopez ft. Pitbull
21 "Titanium" David Guetta ft. Sia	22 "Motivation" Normani	23 "Believer" Imagine Dragons	24 "Burn" Ellie Goulding	25 "Jump Around" House of Pain
26 "All I Do Is Win" DJ Khaled ft. other artists	27 "It's My Life" Bon Jovi	28 "Counting Stars" OneRepublic	29 "Walking on a Dream" Empire of the Sun	30 "Fighter" Christina Aguilera





February

Free for LEA Members! Retired LEA member taught the classes.

LEA and MESSA!

Sleep Better, Stress Less: Mindfulness for Mental Health

as part of our Winter of Wellness Series

Join us for this virtual learning with Rhonda Jones from MESSA on Tuesday, February 3 at 4:30 PM

- Discover practical strategies to improve sleep
- Learn about the links between sleep, stress, and health
- Gain tips on mastering stress through mindfulness

RSVP with this form and we will send you the Zoom link :)

<https://bit.ly/3OdIHyc>




Mindful Movement



Give yourself some love this month with free evening yoga classes sponsored by the LEA. Whether you are new to yoga or want to refine your poses, join us online for these winter wellness sessions.

Thursday, February 12

Wednesday, February 18

Monday, February 23

Each class begins at 7:00 PM. Join us for 1, 2, or all 3 classes! Please register here to receive more updates and the Zoom link: [Google Form](#)

Instructor: Amy Brillhart 

March/April

Join us!

Wellness & Nutrition

March 3 4:30 PM

Presented by Rhonda Jones
LEA Office

Includes healthy snacks, giveaways, along
with great company and conversation :)

LEA &
MESSA



Heidi Bloom Posh is with Kelly Eddy and Amie Van Horn Gabel.
All-star contributor · March 4 · 🌍

We had a terrific (and very yummy!) session last night at the LEA office. Rhonda from MESSA presented information about healthy eating and we had Vickie, certified personal chef and owner of Ann Arbor Vegan Kitchen give us a cooking demo and samples. And all while dining on Panera salads!

<https://annarborvegankitchen.com/about/>

DID YOU KNOW...?

Think MESSA is just health insurance?
Not even close.

Benefits Beyond Insurance

Interested in additional perks and discounts available to you as a member? Join us with Andrew Lavendusky on **April 9 @ 4:30pm via Zoom.**

This session will include information not previously mentioned in our January Zoom: health & wellness benefits available through MESSA, how coinsurance works, prescription drug coverages (and how to maximize savings when filling prescriptions).

Reminder, details, and sign-up will be sent to school emails.

Baby Due Date?

April 15 @ 4:30-5:30 PM
MESSA is holding a **Baby Workshop** @ Plymouth MEA Office (40500 Ann Arbor Rd., STE 100).

RSVP: PGearns@mea.org

Join your MESSA field representative to learn about coverage for maternity and newborn care, resources for expecting parents, and information regarding short term disability coverage and considerations.





Success, Wishes, Challenges



