

The City of Spokane

## Weekly News Update for Sept. 12

*Stay up-to-date on City of Spokane and employee news with our weekly Employee Update.*

### **Kids Junior Fire Academy**

Grab your kids and join us at the Spokane Fire Department's Kids Junior Fire Academy. This free, family event will be held at River Park Square and on Wall Street on **Sunday, Sept. 17, 1 - 3 p.m.**

Junior Fire Academy is an excellent opportunity for kids and families to experience what it is like to be a firefighter, while learning important safety information.



The Kids Junior Fire Academy is open to “kids” of all ages, and will provide an opportunity for attendees to tour and see demonstrations from a ladder truck and fire engine, learn hands-only CPR, make a craft, operate a charged fire hose, learn about child passenger safety from SAFE Kids Spokane and so much more! Kids can collect stamps at each activity and receive a Jr. Firefighter certificate. [Click here](#) for more info.

### **Upcoming Development Services Center Closure**

The Development Services Center on the Third Floor of Spokane City Hall will be closed on **Wednesday, Sept. 20, from 11:30 a.m. to 1:30 p.m.** for Division engagement. Calls during that time will be forwarded to voicemail.

### **More Information to Assist You**

*Here are some more resources from our Employee Assistance Program:*

#### **[Guide to Physical Activity for Healthy Weight Management](#)**

Physical activity is an important part of your weight management program. Most weight loss occurs because of decreased caloric intake. Sustained physical activity is most helpful in the prevention of weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Start exercising slowly and gradually increase the intensity. Trying too hard at first can lead to injury.

**Employee Information Portal** ([covid19.spokanecity.org/](https://covid19.spokanecity.org/))

Remember, this Employee Information Portal is a great resource for employees to stay current on what's happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device. All of the emailed information we have sent to employees is archived here.