



Wellness Program Report July 2018

- CRC July fitness room usage: 17 individuals; 102 uses
- Reformatted/building wellness webpage
 - Mindfulness
 - Calendar
 - Meet-up
 - Biography
 - Flu vaccine information
- Well-being fair planning
- Completed mindfulness training
- Program planning for 2018/19 school year
- Met with teachers for resources and programming
- Creating supportive documents
- Continued planning stages for district wide mindfulness program
 - Working with Dr. Stewart on this program
- Incentive purchases
- Attended ongoing Weight Watchers programs
 - CRC