

Wellness Program Report August/September 2018

- CRC August fitness room usage - 17 individuals, 100 uses; September usage - 15 individuals, 103 uses
- Updating wellness webpage
 - Mindfulness
 - Calendar
 - Meet-up
 - Biography
 - Flu vaccine information
- Well-being fair planning
- Met with school counselors
- Started 2 new run clubs
 - Whittier
 - Lowell
- Worked with Cascade DECA on Walktober logo and t-shirt designs
- Continued program planning for 2018/19 school year
- Began work with 4 AVID classes
- Met with more local businesses for district discounts
- Web set-up for Walktober
- Met with teachers for resources and programming
- Held first district wellness team meeting
- Created supportive documents for schools
- Met with EHS DECA for poster design
- Created supportive documents for programs

- Attended staff meetings
 - Custodial
 - Maintenance
 - Lowell
 - Eisenhower
 - Whittier
 - New hire orientation
 - Transportation
 - Office professional
 - Food service
- Incentive purchases
- Set up Weight Watchers programs
 - CRC
 - Heatherwood