

Wellness Program Report October 2018

- CRC October fitness room usage - 21 individuals, 168 uses
- Well-being fair planning
- Met with school mindset teachers
- Attended new run clubs
 - Whittier
 - Lowell
 - Mill Creek Elementary
- Worked with Cascade DECA on Walktober logo and t-shirt designs
- Working with CHS AVID classes
- Working with CHS PAWS students
- Working with EHS DECA on mindfulness posters
- Walktober
 - Launch
 - Promotion
 - Weekly updates/challenges
- Presented at CHS and JHS High School and Beyond
- Created supportive documents for schools
- Met with EHS DECA for poster design
- Created supportive documents for programs
- Ongoing Weight Watchers programs
 - CRC
 - Heatherwood