

## Wellness Program Report November/December 2018

- CRC fitness room usage
  - November – 16 individuals; 130 visits
  - December – 18 individuals; 102 visits
- CHS PAWS students
- Attended run clubs
  - Whittier
  - Lowell
  - Mill Creek Elementary
- Worked with Cascade DECA on Walktober logo and t-shirt designs
- Working with EHS DECA on mindfulness posters
- Received Kaiser “Thriving Schools Honor Roll” award
- Updated website
- Created/planned spring wellness initiatives
- Created supportive documents for programs
- Launched Gratitude Challenge
- Submitted proposal to present at OEA conference in March
- Presented to CHS health class
- Met with Mindset teachers at Cedar Wood
- Attended JAE wellness committee
- Attended ongoing Weight Watchers programs
  - CRC
  - Heatherwood