

## Wellness Program Report January/February 2019

- CRC fitness room usage
  - January – 21 individuals; 165 visits
  - February – 18 individuals; 102 visits
- CHS PAWS students
- Attended Kaiser Thriving Schools workshop
- Website maintenance
- Continued program development
- Created/planned spring wellness initiatives
- Created supportive documents for programs
- Launched Happiness Challenge
- Worked on presentation for OEA conference in March
- Met with Mindset teachers at Cedar Wood and Mill Creek
- Attended JAE wellness committee meetings
- Attended ongoing Weight Watchers programs
  - CRC
  - Heatherwood