

Wellness Program Report March 2019

- CRC fitness room usage 23 individuals; 137 visits
- CHS PAWS students
- Attended/Presented OEA Conference
- Website maintenance
- Continued program development
- Attended Kaiser Well-School workshop
- Presented Well-Being Award to 5 staff
- Planning spring wellness initiatives
- Created supportive documents for programs
- Completed Happiness challenge
- Worked on presentation for OEA conference
- Met with Mindset teachers at CWE and MCE
- Attended JAE wellness committee meetings
- Confirmed Resiliency challenge with vendor
- Designed incentive for Resiliency challenge
- Launched Digital Detox weekly challenge
- Attended Maintenance and custodial meetings
- Attended ongoing Weight Watchers programs
 - CRC
 - Heatherwood