

## Wellness Program Report April 2019

- CRC fitness room usage 20 individuals; 134 visits
- CHS PAWS students
- Website maintenance
- Continued program development
- Applied for Kaiser Well-School mini grant
- Presented Well-Being Award to 8 staff
- Planning for Health Trails launch
- Created supportive documents for programs
- Designed/promoted/ordered new “Kindness Matters” t-shirts
- Met with Mindset teachers at CWE and MCE
- Attended JAE wellness committee meetings
- Designed incentive for Resiliency challenge
- Completed digital detox challenge
- Attended Maintenance and custodial meetings
- Attended ongoing Weight Watchers programs
  - CRC
  - Heatherwood