

To: Buquicchio, Gail



The *Everett School Employee Benefit Trust's* **Employee Wellness Program** celebrates **FIVE** years.

*Our districts wellness program has been recognized locally and nationally with awards from the **Directors of Health Promotion and Education** and the **American Heart Association**.*

We'd like to know how **YOU** feel about our employee wellness program after 5 years?

**Please tell us how we're doing** and offer your suggestions about how we can engage you in the future. Take this **ONE MINUTE** survey and let us hear from **YOU!!!**

**Here's a snapshot of what the Wellness Program has offered these past 5 years:**

- **The Wellness Challenge®** a web-based health incentive program that **PAYS YOU** to make healthy choices.
- **FREE flu vaccines and health fairs**
- **Campaigns** like **Walktober**, the **31-Day Eat Smart** challenge, **Ironman**, **Tour de France**, **Trails Challenge** and our current 10-day challenge **Sit Less Move More** that encourage you to make small changes for 30 days to create a lasting habit!
- **Weight Watchers at Work** (where collectively staff have lost as much as 1,000 pounds a year)
- **Fitness Classes** like Zumba, Yoga and Boot Camp at schools and sites
- **Health Education classes** like 8-Weeks to Wellness, and Healthy Cooking/Nutrition classes to name just a few

Through survey's and your testimonials we have heard amazing success stories about district staff making small changes that add up to BIG shifts in their health and well-being.

**We need YOU!** Please help sustain our wellness program by **PARTICIPATING**, giving us your feedback **AND** spearheading wellness at your school or site. If you would like to help shape wellness culture at your school or site volunteer to be on your site's Wellness Team. Contact [wellness@everettsd.org](mailto:wellness@everettsd.org) if you are interested.

Be Well,

Gail Buquicchio, ND  
Wellness Coordinator  
Everett Public Schools