

Wellness 2014-2015

- **Wellness Happenings 2014-2015**

- Summer Principal Meetings: Eat, Sleep, Move
- WALKTOBER: October 1-31
- Flu Vaccine Clinics: North, Eisenhower, Gateway, HM Jackson, Everett, Cascade
- Health Fair and Vaccine Clinic Community Resource Center: Sept. 30, 2014
- UW and Bastyr Internships
- Weight Watchers at Work
- Fitness Classes
- Cultivating Resilience: a monthly workshop
- Food Service, Custodians, Transportation: Mindful Movement Classes/Presentations
- Meeting with Wellness Teams district wide, Wellness Team Scorecards

- **Trust Group Work**

- September: Revisiting the mission and value statement for the wellness program
- October: Forming a Wellness Council and Establishing common belief/values for the wellness program
- November: Setting goals for the wellness program
- December: Key Performance Indicators for the wellness program
- January-April: Developing strategies to reach our goals and KPI's

