

▪ **Seasonal Campaigns**

- Healthy Heart Challenge-170 participants
- National Nutrition Month: 100 participants
- April: Stress Awareness Month-will offer stress management class “Cultivating Resilience” at 3 district locations.

▪ **Weight Watchers at Work**

- Penny Creek and CRC combined weight loss of close to 500 pounds

▪ **Wellness Wednesday: Weekly Wellness Newsletter**

- **Readership-last week over 400**

▪ **Wellness Coordinator Training**

- **Trainers Workbook**
- **Schedule for training-preparing outline**
- **Schedule for site visits-introductions to administrators, principals and wellness team members**