

## Wellness Program Report May 2016

- Communication, Promotion, and Support
  - Weekly Wellness + Monthly “Print and Post” PDF
    - January: 216
    - February: 124
    - March: 124
    - April: 91
  - Monthly wellness support
- Spring 2016 Programming/Activities
  - EPS National Parks Tour
    - 74 participants, from 22 (of 29) locations (70 participants in 2015 Spring Challenge)
      - Week 1: 16,080 minutes, 1,680 miles
  - Washington Bikes Bike Everywhere Challenge
    - 31 participants, 6 teams 195 bike trips/1,346.8 miles (46 participants in 2015)
- Onsite Opportunities
  - Weight Watchers
    - Spring 2016
      - 437.8 lb. lost (49 participants, 3 classes - Penny Creek, Garfield, CRC)
  - Fitness Classes
    - 10 yoga classes currently offered
      - 1 new class started at Evergreen
- Stress Management Education
  - Refer to “Evaluation and Summary Report: Mindfulness Techniques to Create Your Stress Free Zone, Spring 2016”
- 2016-2017 Wellness Program Planning Update
  - 2015-2016 Strategic Plan KPI Update (draft)
  - 2016-2017 Proposed Budget (draft)
- Program Strategy and Evaluation - preparation
  - End of year survey preparation – refer to “2014 Wellness Program EOY Survey”
  - 2016-2017 Proposed Wellness Program Strategy
    - 2015-2016 Year in Review
    - 2016-2017 Annual Wellness Program Plan and Budget