

Wellness Program Report March 2016

- Communication, Promotion, and Support
 - Weekly Wellness + Monthly “Print and Post” PDF
 - January: 216
 - February: 124
 - Monthly wellness support
- Spring 2016 Campaigns
 - CRC: 1,000 Mile Resolve
 - 29 signed up, 21 active participants
 - 459.7 miles
 - Heart Month Challenge – February
 - 17 returned tracking sheet
 - Themes/future recommendations
 - *Physical Activity Challenge – May*
- Onsite Opportunities
 - Weight Watchers
 - Fall 2015
 - 235.6 lb. lost, 28 participants, 2 classes (Mill Creek, CRC)
 - Spring 2016
 - 69.2 lb. lost, 49 participants, 3 classes (Penny Creek, Garfield, CRC)
 - Fitness Classes
 - 9 yoga classes currently offered
 - Stress Management
 - One-hour workshop “Mindfulness Techniques to Create Your Stress Free Zone” - 6 opportunities across district locations in March and April
 - 66 registered as of 3/10
- Culture of Wellness at ESD
 - Promoting safe and accessible onsite walking routes
 - Initial CRC routes - kick-off April 6 (National Walking Day)
- Speaking/Community Engagements
 - Co-presented with Gail at the Verdant Healthier Community Conference
February 29, 2016
- Program Strategy and Evaluation