

## Wellness Program Report April 2016

- Communication, Promotion, and Support
  - Weekly Wellness + Monthly “Print and Post” PDF
    - January: 216
    - February: 124
    - March: 124
  - Monthly wellness support
- Upcoming Spring 2016 Campaign
  - *Physical Activity – May*
- Onsite Opportunities
  - Weight Watchers
    - Spring 2016
      - 5 weeks, 236.8 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”
    - 3 sessions in March, 24 total attendees (52% of registrants attended)
      - 100% strongly agreed/agreed the class:
        - Increased their knowledge of mindfulness techniques to manage stress
        - Was relevant to their interest
        - Provided useful skills
    - Final 3 sessions occurring in April, currently 56 registered
- Culture of Wellness at ESD
  - Promoting safe and accessible onsite walking routes
    - Initial CRC routes - kick-off April 6 (National Walking Day)
- Program Strategy and Evaluation