

Wellness Program Report September 2016

- Continued training and orienting to new position
- Communication, Promotion, and Support
 - Weekly Wellness email
 - Weekly Wellness + Monthly “Print and Post” PDF
- Onsite Opportunities
 - Onsite visit with 9 principals and drop-ins to those that I didn’t get to meet with
 - “Work-life Balance” presentation to Penny Creek
 - Presented new program year:
 - Transportation
 - Food service
- Continuing to contact local gyms for new employee discounts
- CRC fitness room usage: 14 individuals; 54 uses
- Continuing to contact new vendors to participate in upcoming health fair
- Working with schools to start onsite classes
 - Emerson
 - Evergreen
 - Lowell
 - Madison
 - Silver Lake
- Collecting resources for “wellness” boards for each school; this will be on the EPS website
 - District events
 - Health tips
 - Fitness tips
 - Mindfulness
- Launching Weight Watchers:
 - September 14 – CRC
 - October 3 – Penny Creek
 - October 4 – Garfield
- Designing:
 - Stadium workout

- Football Fitness Challenge
- Workout posters for CRC
- Connected with Health Enhancements and confirmed 2016 “Walktober” website is ready to launch
 - Campaign dates: October 1 – October 31
 - Registration begins: September 14
 - Last day to register: October 7
 - Last day to log points: November 4
- Continued planning for the new proposal for the wellness grant:
 - Assessment
 - Recommendations
 - Toolkits – will make accessible on the EPS website
 - Evaluations