

Wellness Program Report October 2016

- Communication, Promotion, and Support
 - Weekly Wellness email
 - Weekly Wellness + Monthly “Print and Post” PDF
 - Flu Vaccine Clinics
 - CRC – 160
- Onsite Opportunities
 - Attended staff meetings:
 - Maintenance
 - Presented to all-staff
 - Presented to Maintenance
 - Attended Lowell wellness committee meeting
- Annual health fair
 - 23 Vendors attended
 - About 180 employees attended
- CRC fitness room usage: 14 individuals; 54 uses
- Attended Edge of Amazing conference for Healthy Living 2020 initiative
- Launching onsite group classes:
 - Lowell – Oct. 10th
 - Emerson – Oct. 3rd
 - Heatherwood – Oct. 5th
 - Evergreen – Nov. 1st
 - Cascade – Oct. 5th
- Launched onsite classes
 - CRC – Sept. 27th
 - Madison – Sept. 26th
 - Silver Lake – Sept. 20th
- Launched Weight Watchers:
 - CRC - 25
 - Penny Creek - 14
 - Garfield - 14
- Promoted Walktober to district – 584 employees registered
 - Campaign dates: October 1 – October 31

- Registration begins: September 14
 - Last day to register: October 7
 - Last day to log points: November 4
- Planning for Wellness Committee/Champion Workshop in November