

Wellness Program Report November 2016

- Communication, Promotion, and Support
 - Weekly Wellness email
 - Walktober emails
 - Mindfulness emails
 - Weekly Wellness + Monthly “Print and Post” PDF
- Flu Vaccine Clinics
 - Jackson – 67
 - Eisenhower – 60
 - Gateway – 73
 - Evergreen – 73
 - Maintenance – 12
 - North – 32
- Onsite Opportunities
 - Attended staff meetings:
 - Maintenance
 - Presented to all-staff
 - Presented to Maintenance
 - Attended Jackson Elementary wellness committee meeting
- CRC fitness room usage: 25 individuals; 125 uses
- Work-Life Balance Presentation
 - Silver Lake Elementary
 - Silver Firs Elementary
- Mindful classes
 - Cascade
 - Hawthorne - Cancelled
 - Heatherwood
- Wellness Committee Healthy Halloween Potluck at CRC
- Launched onsite group classes:
 - Lowell – Oct. 10th
 - Emerson – Oct. 3rd
 - Heatherwood – Oct. 5th
 - Evergreen – Nov. 1st
 - Cascade – Oct. 5th

- Ongoing Weight Watchers:
 - CRC - 25
 - Penny Creek - 15
 - Garfield - 15
- Walktober program – 586 employees registered
 - Total Participants: 586
 - Total Teams: 46
 - Total Days Logged: 10763
 - Total Minutes: 651457
 - Sent incentives to weekly winners
- Planning for Wellness Committee/Champion Workshop in November