

## Wellness Program Report December 2016

- Communication, Promotion, and Support
  - Weekly Wellness email
  - Weekly Wellness + Monthly “Print and Post” PDF
- Onsite Opportunities
  - Attended staff meetings:
    - Maintenance
    - Presented to Maintenance
    - Attended Jackson wellness committee meeting
- CRC fitness room usage: 25 individuals; 100 uses
- Distributed all Walktober incentives
- Held Turkey Trot at CRC
- Had a blanket drive for Everett Mission
- November 17<sup>th</sup> – Mindfulness workshop
- Held Wellness Committee training
- Onsite group classes:
  - Lowell
  - Emerson
  - Heatherwood
  - Evergreen
  - Cascade
  - CRC
- Weight Watchers:
  - CRC - 25
  - Penny Creek - 14
  - Garfield - 14
- Planning for Wellness Committee/Champion Workshop in November