

## Wellness Program Report February 2017

- Communication, Promotion, and Support
  - Weekly Wellness email
  - Monthly Newsletter (met with staff for staff spotlight)
  - Weekly Wellness + Monthly “Print and Post” PDF
- Onsite Opportunities
  - Attended staff meetings:
    - Maintenance
    - Janitorial
    - SLT
    - CRC Staff Meeting
    - Attended Jackson wellness committee meeting annual party
- CRC fitness room usage: 25 individuals; 173 uses
- Attended Mercer’s Financial Wellness seminar
- Held 1 Mindfulness class
  - Monroe Elementary
- Updated wellness webpage
- Purchased BP cuffs and delivered them to all 29 sites
- Program planning for the rest of the year
- Onsite group classes:
  - Lowell
  - Emerson
  - Heatherwood
  - Evergreen
  - Cascade
  - CRC – restorative yoga and stadium workout
- Weight Watchers:
  - CRC - 25
  - Penny Creek – 14 (now moved to Heatherwood)
  - Garfield - 14