

Wellness Program Report March 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 planning
- CRC fitness room usage: 20 individuals; 93 uses
- Held 1 Mindfulness class
 - Woodside Elementary
- Updated wellness webpage
- Attended Healthy Living 2020 Coalition meeting
- Shadowed kindergarten teacher at Penny Creek
- Program planning for the remainder of the year
- Onsite group classes:
 - Lowell
 - Emerson
 - Heatherwood
 - Evergreen
 - Cascade
 - CRC – restorative yoga and stadium workout
 - Woodside
- Weight Watchers:
 - CRC - 25
 - Penny Creek – 18 (now moved to Heatherwood)
 - Garfield - 15