

## Wellness Program Report April 2017

- Communication, Promotion, and Support
  - Weekly Wellness emails
  - 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; 232 uses
- Cedarwood kitchen staff shadow
- Food Service wellness class
- Jackson Elementary Family Wellness Night – taught kids yoga
- Held 1 Mindfulness class
  - Evergreen Middle School
- Updated wellness webpage
- Attended Healthy Living 2020 Coalition meeting and sub-committee group
- Attended AWC Wellness Conference
- Program planning for Try-athlon
- Onsite group classes:
  - Lowell
  - Emerson
  - Heatherwood
  - Evergreen
  - Cascade
  - CRC – restorative yoga and stadium workout
  - Woodside

- Weight Watchers:
  - CRC - 25
  - Heatherwood – 18
  - Garfield - 15