

Wellness Program Report May 2017

- Communication, Promotion, and Support
 - Weekly Wellness emails
 - Weekly Wellness
- Onsite Opportunities
 - Attended staff meetings:
 - Maintenance
 - Janitorial
- CRC fitness room usage: 21 individuals; 127 uses
- ESEBT Employee Wellness Program Plan
 - Annual Wellness Strategic Plan
 - 2016-2017 Proposed Budget (draft)
- Lowell Elementary Family Wellness Night – taught kids yoga
- Updated wellness webpage
- Attended Healthy Living 2020 Coalition meeting and sub-committee group
- Onsite group classes:
 - Lowell
 - Emerson
 - Heatherwood
 - Evergreen
 - Cascade
 - CRC
 - Woodside
- Weight Watchers:
 - CRC - 25
 - Heatherwood – 18
 - Garfield - 15