

## Wellness Program Report January 2018

- CRC December fitness room usage: 20 individuals; 91 uses
- Updated wellness webpage
- FLAM report
- Feel Like a Million campaign maintenance and end
- Incentive distribution for FLAM
- Finalized billing for Aetna wellness
- Attended fitness classes throughout district
- Purchased program tools
- Held wellness crafts at schools
  - Jackson Elementary
- Attended custodial meeting
- Attended Weight Watchers programs at 3 sites
- Attended Live Healthy 2020 Workplace Wellness accelerator group meetings