

Wellness Program Report April 2018

- CRC March fitness room usage: 2 individuals; 155 uses
- Updated wellness webpage
- Attended fitness classes throughout district
- Planning for spring wellness activities
- Beginning planning stages for a district wide mindfulness in the classroom program
 - Working with Dr. Stewart on this program
- Presented at Jackson High – mindfulness in the classroom
- Attended custodial and maintenance meetings
- Presented at SLT
- Getting quotes for possible new fall wellness program from Grokker
- 3 Weight Watchers programs going
 - Heatherwood Middle School – February 15th thru May 3rd
 - CRC – January 31st thru April 18th
- Attended wellness conferences
 - AWC conference
 - Verdant Health conference
 - OEA conference
- Attended Jackson Elementary wellness meetings
- Attended Live Healthy 2020 Workplace Wellness accelerator group meetings