

Wellness Program Report January 2017

- Communication, Promotion, and Support
 - Weekly Wellness email
 - Weekly Wellness + Monthly “Print and Post” PDF
- Onsite Opportunities
 - Attended staff meetings:
 - Maintenance
 - Janitorial
 - SLT
 - Attended Jackson wellness committee meeting
- CRC fitness room usage: 17 individuals; 58 uses
- Updated wellness webpage
- Program planning for the rest of the year
- Onsite group classes:
 - Lowell
 - Emerson
 - Heatherwood
 - Evergreen
 - Cascade
 - CRC
- Weight Watchers:
 - CRC - 25
 - Penny Creek - 14
 - Garfield - 14