

Wellness Program Report March 2018

- CRC January fitness room usage: 26 individuals; 191 uses
- CRC February fitness room usage: 25 individuals; 155 uses

- Updated wellness webpage

- Created and distributed “February Heart Health” challenge

- Attended fitness classes throughout district

- Planning for spring wellness activities

- Held Trigger Point sessions at
 - Jackson High
 - Heatherwood Middle
 - Madison Elementary

- Held “Mindfulness for Test Taking” in February
 - 31 signed up
 - 25 attended

- Attended Wellness family night’s at:
 - Jackson Elementary February 7th
 - Mill Creek Elementary February 8th

- Attended custodial and maintenance meetings

- Restarted 2 of the 3 Weight Watchers programs
 - Heatherwood Middle School – February 15th thru May 3rd
 - CRC – January 31st thru April 18th
 - Garfield did not renew due to lack of participants

- Attended “We Are Everett” kick-off

- Attended Jackson Elementary wellness meetings

- Attended Live Healthy 2020 Workplace Wellness accelerator group meetings