

Wellness Program Report May 2018

- CRC March fitness room usage: 26 individuals; 127 uses
- Updated wellness webpage
- Attended fitness classes throughout district
- Program planning for 2018/19 school year
- Continued 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
- 3 Weight Watchers programs going
 - Heatherwood Middle School – February 15th thru May 3rd
 - CRC – January 31st thru April 18th
- CRC Mindful Monday series
- Attended Jackson Elementary wellness meetings