

CCS WELLNESS INITIATIVE

AUGUST 2018 - APRIL 2019



ALL PROGRAMMING



66
CCS Buildings
Hosted Programming



5,754
Cumulative
Participation



2,647
Unique
Participants



210
Active Wellness
Champions



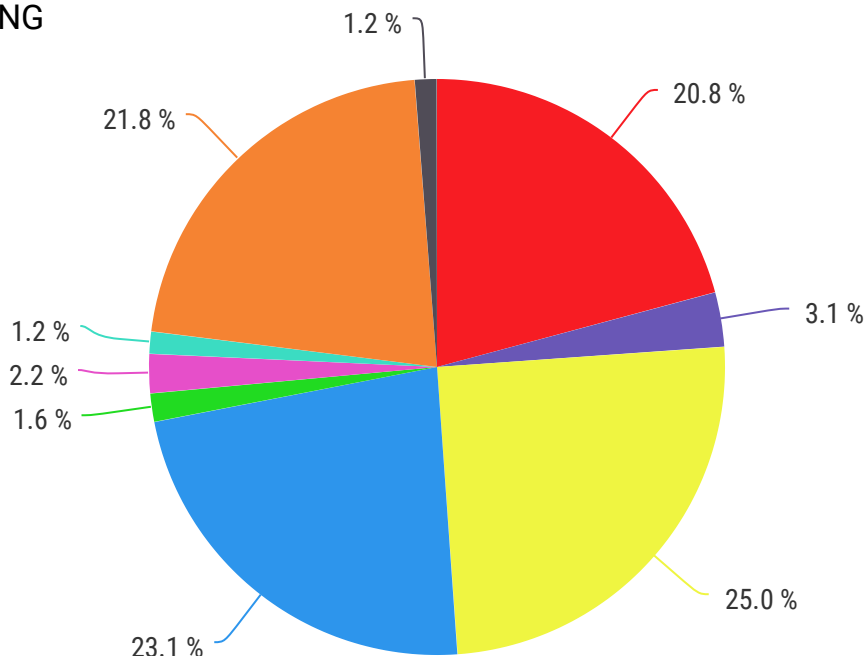
1,152
New Participants
in Past 2 Years



1,495
Returning Participants
in Past 2 Years

PARTICIPATION PER PROGRAMMING

- Fitness
- Special Wellness Programming
- Health Assessment
- Biometric Clinics
- Financial Wellness
- WW at Work
- Urban Zen Integrative Therapy/MBSR
- Flu Shot Clinics
- Diabetes Programming



PROGRAMMING HELD

- 185** Onsite fitness classes
- 8** Special Wellness Programming Requests:
Topics Included: Quick, Easy, Healthy Meal Planning
Lunchbox Makeover
Nourish Your Noggin
Emotional Intelligence
The Power of Positive Thinking
Prioritize Your Life
Stress Management
Customer Service
Personal Leadership
- 35** Biometric Clinics
- 9** Financial Wellness Classes
- 3** Weight Watchers at Work groups
- 10** Urban Zen Integrative Therapy Classes
- 63** Flu Shot Clinics
- 8** Mindfulness-Based Stress Reduction Classes

NEW THIS YEAR

- ⊕ 10-week Urban Zen Integrative Therapy piloted at Salem Elementary School
- ⊕ Expanded fitness discount offerings to include: YMCA, Jade Yoga and Wellness, RAW Yoga 614, Renovo Fitness, Swerve Hip Hop Fitness, and Punch Fitness
- ⊕ Financial Wellness series included in Wellness programming
- ⊕ Partnered with Lifecare Alliance to bring free, 6-month diabetes programming to staff