



Walworth County Employee Wellness Council 2015 - 2016 Wellness Events Plan

Timetable

The wellness program will be divided up into quarters. Each quarter the Wellness Council will offer a wellness campaign on a different topic. Campaigns will last between 4 & 8 weeks to support a positive lifestyle change.

Activities

Activity	Contact Person	Date
Summer Quarter, July – September		
My One Thing	Seth Rehbaum	08/24/15-10/4/2015
Stress Management LnL	Lisa Henke	September
Zumba	Kathy Wright	Monday Nights Beginning in September
Yoga	Pat Pane	Every Thursday year around
Piloxing	Pat Pane	Tuesday Nights Beginning in September
PiYo	Mel Davis	Mondays year around
Group Hikes	Various	Last Wed. of month (July and August)
Flu Shots	Employee Benefits	Sept/Oct
Fall Quarter, October – December		
Maintain, Don't Gain	Seth Rehbaum	11/16/2015-01/10/2016
Nutrition and Your Health LnL	Lisa Henke	October
Zumba	Kathy Wright	Monday Nights (ending in Dec)
Yoga	Pat Pane	Every Thursday year around
Piloxing	Pat Pane	Tuesday nights (ending in Dec)
PiYo	Mel Davis	Mondays year around
Strong Bones	Colleen Lesniak	Tuesday & Thursday 12-1 PM
Gooseberries Cooking Class	Colleen Lesniak	November - TBD
Blood Drive – Red Cross	Seth Rehbaum	October - TBD
Healthy Cooking Class	Jenny Wehmeier	Oct. 14, 2015
Winter Quarter, January – March		
Flushing It	Seth Rehbaum	02/01/2016-02/28/2016
Dealing with Financial Stress LnL	Lisa Henke	January
Zumba	Kathy Wright	Monday Nights
Yoga	Pat Pane	Every Thursday year around
Piloxing	Pat Pane	Tuesday Nights
PiYo	Mel Davis	Mondays year around
Strong Bones	Colleen Lesniak	Tuesday & Thursday 12-1 PM
Healthy Cooking Class	Jenny Wehmeier	TBD



Walworth County Employee Wellness Council 2015 - 2016 Wellness Events Plan

Spring Quarter, April – June		
Step It Up Challenge	Seth Rehbaum	03/28/2016-05/22/2016
Work Life Balance LnL	Lisa Henke	June
Get Fit 5k	Lisa Henke	May 21, 2016
Yoga	Pat Pane	Thursdays year around
PiYo	Mel Davis	Mondays year around
Group Hike	Various	Last Wed. in month starting in June
Couch to 5K	Seth Rehbaum	03/28/2016-05/21/2016
Strong Bones	Colleen Lesniak	Tuesday & Thursday 12-1 PM
Healthy Cooking Class	Jenny Wehmeier	TBD