



Walworth County Employee Wellness Council 2017 - 2018 Wellness Events Plan

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.

Activity	Contact Person	Date
Summer Quarter, July – September		
Group Walk Challenge	Becky Kligora	July - August
Tweet Tweet Financial Challenge	Becky Kligora	September - October
Healthy Living Online Webinar	Lisa Henke	September
PIYo Stretch	Mel Davis	Monday lunch hour
Zumba Toning	Mel Davis	Monday evening
Piloxing	Pat Pane	Monday evening
Boot Camp	Becky Kligora	Tuesday evening
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Zumba Toning & Core		Wednesday evening
Core Strength	Pat Pane	Thursday evening
Boot Camp	Tammy Werblow	Friday morning
Flu Shots	Employee Benefits	Sept/Oct
Fall Quarter, October – December		
Maintain, Don't Gain	Jodi Bronson	November-December
Nutrition and Your Health Online Webinar	Lisa Henke	October
Holiday Cooking Class	Colleen Lesniak	November - TBD
PIYo Stretch	Mel Davis	Monday lunch hour
Zumba Toning	Mel Davis	Monday evening
Piloxing	Pat Pane	Monday evening
Boot Camp	Becky Kligora	Tuesday evening
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Zumba Toning & Core		Wednesday evening
Core Strength	Pat Pane	Thursday evening
Winter Quarter, January – March		
Strive for Five	Colleen Lesniak	February-March
Elder Care Online Webinar	Lisa Henke	January
Blood Drive – Red Cross	Dan Dailey	TBD
PIYo Stretch	Mel Davis	Monday lunch hour
Zumba Toning	Mel Davis	Monday evening
Piloxing	Pat Pane	Monday evening
Boot Camp	Becky Kligora	Tuesday evening
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Zumba Toning & Core		Wednesday evening
Core Strength	Pat Pane	Thursday evening
Spring Quarter, April – June		
Step It Up Challenge	Kristi Schiller	April-May
Pack the Parks Challenge	Becky Kligora	June - July
Get Fit 5k	Lisa Henke	May 19, 2018
Stress Management Online Webinar	Lisa Henke	June
PIYo Stretch	Mel Davis	Monday lunch hour
Zumba Toning	Mel Davis	Monday evening
Piloxing	Pat Pane	Monday evening
Boot Camp	Becky Kligora	Tuesday evening
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Zumba Toning & Core		Wednesday evening
Core Strength	Pat Pane	Thursday evening
Boot Camp	Tammy Werblow	Friday morning