



Walworth County Employee Wellness Council 2018 - 2019 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		
Pack the Parks Challenge – ends Aug	Becky Kligora	July - August
Tweet Tweet Financial Challenge	Colleen Lesniak	September - October
Mindful Eating Challenge	Dan Clausen	September - October
Nutrition and Your Health Webinar	Lisa Henke	September
PiYo Stretch	Mel Davis	Monday lunch hour
Zumba Toning	Mel Davis	Monday evening
Piloxing	Pat Pane	Monday evening
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening
Flu Shots	Employee Benefits	Sept/Oct
Fall Quarter, October – December		
Maintain, Don't Gain	Jodi Bronson	November-December
Preventing Burnout Webinar	Lisa Henke	November
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
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening
Winter Quarter, January – March		
Strive for Five	Colleen Lesniak	February-March
Dealing with Difficult People Online Webinar	Lisa Henke	February
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
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday 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 18, 2019
Stress Management Online Webinar	Lisa Henke	May
PiYo Stretch	Mel Davis	Monday lunch hour
Zumba Toning	Mel Davis	Monday evening
Piloxing	Pat Pane	Monday evening
Core & More	Mel Davis	Wednesday lunch hour
Yoga	Mel Davis	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening