



Walworth County Employee Wellness Council 2021 - 2022 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 to 8 weeks to support a positive lifestyle change. Additionally, there will be an online wellness webinar available each quarter 24/7 for employees to view. Starting with this program year, the Employee Wellness Council will collaborate with area gyms, exercise studios and Elkhorn School District to promote wellness and exercise classes at those locations our employees can attend.

Activity	Contact Person	Date
Summer Quarter, July - September		
Pack the Parks Challenge – ends early September	Becky Kligora	July – September
Reducing Stress Challenge	Mel Davis	September – October
Online webinar – Stress Management for High Burnout Professions	Lisa Henke	August – September
Promote wellness and exercise classes at facilities in the community	Mackenzie Kyle	On-going
Flu Shots	Lisa Henke	Sept/Oct/Nov
Fall Quarter, October – December		
Maintain Don't Gain	Holly Smith	November – December
Online webinar – The New Normal – Life After COVID-19	Lisa Henke	October – December
Holiday Cooking Class	Mel Davis	November - TBD
Promote wellness and exercise classes at facilities in the community	Mackenzie Kyle	On-going
Winter Quarter, January – March		
Nutrition Challenge	Dan Clausen	February – March
Tweet Tweet Financial Challenge	Ashley Barrios	March
Online webinar – Nutrition and Your Health	Lisa Henke	January – March
Online webinar – Dealing with Financial Stress	Lisa Henke	March
Blood Drive – Red Cross	Dan Dailey	February
Promote wellness and exercise classes at facilities in the community	Mackenzie Kyle	On-going
Spring Quarter, April - June		
Walking Challenge	Mackenzie Kyle	April – May
Pack the Parks Challenge	Todd Neumann	June – July
Get Fit 5k	Lisa Henke	May 21, 2022
Online Webinar – Promoting Healthy Discussions About Race and Embracing Differences	Lisa Henke	April – July
Golf Outing	Dan Dailey	July 9, 2022
Promote wellness and exercise classes at facilities in the community	Mackenzie Kyle	On-going