



Walworth County Employee Wellness Council 2022 - 2023 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. 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	Michelle Brazitis	July – September
Online webinar	Josh Pollock	August – September
Promote wellness and exercise classes at facilities in the community	Mackenzie Benter	Ongoing
Blood Drive	Dan Dailey	September 23, 2022
Fall Quarter, October – December		
Biggest Loser	Holly Smith	November – December
Online webinar	Josh Pollock	October – December
Cooking Class	Mel Davis	October – December
Promote wellness and exercise classes at facilities in the community	Mackenzie Benter	Ongoing
Winter Quarter, January – March		
Nutrition Challenge	Dan Clausen	February – March
Tweet Tweet Financial Challenge	Ashley Barrios	March
Online webinar	Josh Pollock	January – March
Online webinar	Josh Pollock	March
Blood Drive – Red Cross	Dan Dailey	February
Promote wellness and exercise classes at facilities in the community	Mackenzie Benter	Ongoing
Spring Quarter, April - June		
Walking Challenge	Mackenzie Benter	April – May
Pack the Parks Challenge	Michelle Brazitis	June – September
Mind Over Miles 5k	Josh Pollock	May 20, 2023
Online Webinar	Josh Pollock	April – July
Promote wellness and exercise classes at facilities in the community	Mackenzie Benter	Ongoing