



## Walworth County Employee Wellness Council 2019 - 2020 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.

<b>Activity</b>	<b>Contact Person</b>	<b>Date</b>
<b>Summer Quarter, July – September</b>		
<b>Pack the Parks Challenge – ends Aug</b>	Becky Kligora	July - August
<b>Tweet Tweet Financial Challenge</b>	Becky Kligora	September - October
<b>Flushing It</b>	Tammy Werblow	September - October
Online webinar - Nutrition and Your Health	Lisa Henke	September
PiYo Stretch	Carlo Nevicosi	Monday lunch hour
Zumba Toning	Carlo Nevicosi	Monday evening
Piloxing	Pat Pane	Monday evening
Core & More	Carlo Nevicosi	Wednesday lunch hour
Yoga	Carlo Nevicosi	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening
Flu Shots	Lisa Henke	Sept/Oct
<b>Fall Quarter, October – December</b>		
<b>Mindful Eating</b>	Jodi Bronson	November-December
Online webinar - Understanding your Employee Assistance Program benefits	Lisa Henke	November
Holiday Cooking Class	Colleen Lesniak	November - TBD
PiYo Stretch	Carlo Nevicosi	Monday lunch hour
Zumba Toning	Carlo Nevicosi	Monday evening
Piloxing	Pat Pane	Monday evening
Core & More	Carlo Nevicosi	Wednesday lunch hour
Yoga	Carlo Nevicosi	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening
<b>Winter Quarter, January – March</b>		
<b>Going Green</b>	Dan Clausen	February-March
Online webinar – Stress Management	Lisa Henke	February
Blood Drive – Red Cross	Dan Dailey	February 13, 2020
PiYo Stretch	Carlo Nevicosi	Monday lunch hour
Zumba Toning	Carlo Nevicosi	Monday evening
Piloxing	Pat Pane	Monday evening
Core & More	Carlo Nevicosi	Wednesday lunch hour
Yoga	Carlo Nevicosi	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening
<b>Spring Quarter, April – June</b>		
<b>Step It Up Challenge</b>	Carley Fettig	April-May
<b>Pack the Parks Challenge</b>	Becky Kligora	June - July
<b>Get Fit 5k</b>	Lisa Henke	May 16, 2020 or May 17, 2020
Online Webinar – Healthy Living	Lisa Henke	May
PiYo Stretch	Carlo Nevicosi	Monday lunch hour
Zumba Toning	Carlo Nevicosi	Monday evening
Piloxing	Pat Pane	Monday evening
Core & More	Carlo Nevicosi	Wednesday lunch hour
Yoga	Carlo Nevicosi	Wednesday evening
Focus on Fitness	Pat Pane	Wednesday evening