



Walworth County Employee Wellness Council 2020 - 2021 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 Aug	Becky Kligora	July – August
Flushing It	Carley Fettig & Brian Panfil	September – October
Online webinar - Nutrition and Your Health	Lisa Henke	August – September
Promote wellness and exercise classes at facilities in the community	Becky Kligora	On-going
Flu Shots	Lisa Henke	Sept/Oct/Nov
Fall Quarter, October – December		
Maintain Don't Gain	Holly Smith	November – December
Online webinar – Stress Management	Lisa Henke	October – December
Holiday Cooking Class – CANCELED Due to COVID-19	Colleen Lesniak	November – TBD – CANCELED
Promote wellness and exercise classes at facilities in the community	Becky Kligora	On-going
Winter Quarter, January – March		
Mindful Eating	Holly Smith	February – March
Tweet Tweet Financial Challenge	Colleen Lesniak	March
Online webinar – Dealing with Difficult People	Lisa Henke	January – March
Online webinar – Dealing with Financial Stress	Lisa Henke	March
Blood Drive – Red Cross	Dan Dailey	February 24, 2021
Promote wellness and exercise classes at facilities in the community	Becky Kligora	On-going
Spring Quarter, April - June		
Step It Up Challenge	Carley Fettig & Brian Panfil	April – May
Pack the Parks Challenge	Becky Kligora	June – July
Get Fit 5k	Lisa Henke	May 15, 2021
Online Webinar – Preventing Burnout	Lisa Henke	April – July
Promote wellness and exercise classes at facilities in the community	Becky Kligora	On-going