



WCS D Wellness & Benefits

TIP: It's a new year! If you haven't seen it in a while, throw it away. It's time to make room for the new!
FYI: Wellness is changing, and we hope that you will help us be the best that we can be for you!

UPCOMING EVENTS & INFORMATION

- Wellness is in a state of transition as we search for a new Wellness Coordinator. During this time, we want to thank all of you for your efforts during the required screens and also with the new Prevention Plan. Over 80% of you made the deadline! Congratulations!
- January is the month to start working on new goals and ideas to make life a little easier. Eating nutritious whole foods and getting regular exercise will put you on the path to better health!
- Ice Skate Night is fast approaching! On Sunday, January 29th, get together with family and friends for an evening of pure fun!
- The Tahoe Rim Trail is looking forward to the snow so they can start their annual winter hikes. We will keep you updated on their activities!
- Do you have ideas you want to share? Please feel free to send them to us by email or snail mail.
- Do you want to dance? We have details for free beginning classes at the Reno Ballroom! Email Wellness if you are interested in taking advantage of these fun classes!

WELLNESS AND YOU!

We are taking stories from you! This one comes from Joan Segar at Washoe County School District's Transportation department.

"When this program first started I was one of the biggest complainers and I mean that in every sense of the word. At that time I weighed close to 400 pounds. I was relatively healthy; no high blood pressure, cholesterol or diabetes. Needless to say I wasn't very active but I could get around okay. I resented anyone else worrying about my health!
Now all I can say is thank you, thank you, thank you.

It has taken me almost 3 years to lose over half the weight and yes, I still have a ways to



go, but what a change it has made in my life. I have also been able to encourage others at work, my family, and a few friends to eat healthier and get more exercise.

When I started gaining some of the weight back a fellow worker suggested we text

each other with what we ate every day instead of writing it down to help us be accountable to each other. We also did the fun programs that Wellness offered with our fellow employees. I lost 10 pounds the first month and am now down 30 pounds. Thank you so much for the free gifts we get for doing your programs. Thank all of you at the Wellness Office for all you do for us and the hard work you put in trying to keep us aware and healthy."

*Joan Segar, Transportation

VOLUNTEER ON THE TAHOE RIM TRAIL!

The Tahoe Rim Trail Association would like to invite you and your organization, friends and family to volunteer on the trail with us this summer!

If you are interested in registering for this

event, email Wellness and we will get you all the details needed to have some fun together in the fresh air of the great outdoors and with good people. Happy Trails!

