

CC Wellness

June 2019

Wellness Drawing Winners!

The few, the proud, the lucky! We had a fantastic response to our May drawing and 4 lucky winners were chosen at random. The recipients will receive an extra wellness benefit in June, a massage, sauna sessions or a float therapy session.

* Paul Herrera * Crystal Gorsuch

* Joel Schell * Tiffany Martin



Do you know your wellness committee?

- * Tiffany Martin – Treasurer’s office
tiffany.martin@conversecountywy.gov
- * Dixie Huxtable – Assessor’s office
Dixie.huxtable@conversecountywy.gov
- * Mary Schell – Emergency Management
mary.schell@conversecountywy.gov
- * Crimson Miller – Road & Bridge
Crimson.miller@conversecountywy.gov
- * Shea Lehnen – Wellness Coach
conversewellness@gmail.com

June is employee wellness month. Why is employee health so important? First and foremost Converse County is a community steeped deep in compassion and care for its members, this place we live in takes care of its own, helps one another when times are tough, and that is something to be proud of. Wellness helps each and every community member have a more positive life experience. Disease and sickness require time and money, not to mention tons of energy. The healthier we all can be, the happier and more uplifting it is to live here.

The May Tryathlon!

We currently have 16 teams fiercely competing for the title! The challenge has been focused on water intake, steps walked, and hours slept. Participants have been sharing pictures of their joy! Check them out and stay tuned for the winners to be announced!



YOUR WORKPLACE, YOUR PROGRAM

CURRENTLY EACH EMPLOYEE IS OFFERED BENEFITS MONTHLY FOR WELLNESS. THESE INCLUDE GYM MEMBERSHIPS, MASSAGES AND INFRARED SAUNA SESSIONS. THE WELLNESS COMMITTEE HAS ALSO EXTENDED THE WELLNESS SNACK BASKETS TO EACH OFFICE AFTER SOME TRIAL AND ERROR WITH NEW FOODS.



---We want to hear from YOU---

We are committed to helping you attain realistic healthy goals. We want to hear your thoughts on ideas! Please check out the questions in the next column and either return via email to conversewellness@gmail.com or get it to Tiffany Martin in the Treasurer's Office or Crimson Miller at Road and Bridge. Your name will be entered in a drawing to *WIN* dinner for two at the *Paisley Shawl!*

Wellness questionnaire:

1. What do you currently enjoy about the wellness program?
2. Would you participate in mini challenges throughout the year?
3. Do you have wellness goals set for yourself and your family?
4. Would you like assistance from a Health Coach or Personal Trainer to meet your goals?
5. Would you like to receive healthy recipes with the newsletters?
6. Would you like to see the wellness snack baskets continue?
7. Any additional thoughts for the Wellness Committee?

We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them!
Converse County Wellness Committee