

Converse Wellness



Brain Witbrod & Mandy Jones collect their cash prizes from the Tryathlon. They logged over 1 million steps to take home first prize.

Big Winners! Congratulations to Mandy Jones and Brain Witbrod for taking first in the "Tryathlon" hosted in May and finished in early June. Team "The Super Hero's In Training" earned cold hard cash and Yeti coolers for the top spot among 16 total teams. The teams all tracked their steps, sleep and water consumption for four weeks with mini challenges thrown in as well. The work was hard, health was gained and competition fierce! Thank you to all the teams that participated, the wellness committee is so proud!

July- Get Outside!

The weather has finally turned into summer around here! Let's get outside and get moving. We are so very lucky to live in an area with an abundance of hiking trails! Did you know that Glendo State Park has TONS of hiking/mountain biking trails? They are fantastically marked and easy to find. The trails are designed for easy access and use. Check out the

bulletin boards (one across from the treasurer's office and one at Road & Bridge) to see a map of the trails! If mountain hiking is more of your thing we are so close to so many opportunities. Laramie Peak is a wonderful (and slightly intense) hike, LaBonte Canyon, Roaring Fork, Curtis Gulch, Sunset Ridge, Twin Peaks and Deer Creek also all have hiking and ORV trails. Grab a friend, pack up a lunch and hit the road. Our local Forest Service

Station (located at 2240 E. Richards St) has a great amount of information and maps just for YOU! Swing by there to talk to a ranger or snag some loot. Inside they are busting at the seams with information.



Your wellness committee is very pleased with the lunch turn out for Employee Appreciation on June 19th. The Hospital catered the event and bellies were full. We still have wellness shirts available. If you didn't receive your T-shirt please contact Shea at conversewellness@gmail.com and we will get some shirts delivered to you.

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.

Are you using your wellness Benefit?

We hear there are some folks that still aren't sure what the wellness benefits are! New fiscal Year, great chance to get rolling with YOUR WELLNESS! Every month the wellness committee has \$ to spend ON YOU! You can choose to apply \$50 toward the following each month: a gym membership, a massage or a float therapy session (Casper). We have also added 307 Healing Waters as an option for your wellness benefit! Go check it out! See the third page of this newsletter for a list of providers in our area including 307 Healing Waters. Simply contact Tiffany Martin @ the treasurer's office and let her know how you would like to use your benefit and she will let you know how to get started. Her email is tiffany.martin@conversecountywy.gov. We firmly believe that taking time every month for self care and wellness create a better community and a healthier workplace for us all. YOU are worth taking the time, fill your cup!



Hiking, Being Outdoorsy and Being Safe

Hiking is a wonderful way to get in movement, you are in nature, surrounded by natural beauty and fresh air. Hiking burns about 500 calories per hour for a 160 lb person. The best part of hiking? It doesn't feel like a "workout".



1. Always pack water, more water than you think you will need. A water filtration system for backpacking is certainly handy to have on hand too.
2. Make sure you have a clear idea of where you are going and how to navigate your way, also it's great to let others know where you are going and when you plan on being back.
3. SUNSCREEN is a must, protecting your skin from the harsh sun at higher altitudes is of the utmost importance. Apply liberally!
4. Make sure you have snacks; you will need fuel especially on longer hikes.
5. Layers, dress in layers people. Always make sure you have extra socks and can add or shed layers!
6. Matches, flashlight, first aid kit, knife, insect repellent and a map should all be in your backpack.
7. Make sure to soak up all the good feelings, enjoy the mountain air and take pictures!

Wellness Drawing Winners for June!

- Kristy Shuler
- Crimson Miller
- Amber Peterson
- Mandy Jones

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Wellness Benefit Providers

Fitness Centers:

The Body Shop

113 S. 2nd Street

Douglas, WY 82633

(307) 358-8325

307 Healing Waters

4697 West Yellowstone HWY

Mills, WY 82604

(307) 215-6219

Peak Fitness/2nd Street Yoga

1185 Yuma Drive

Douglas, WY 82633

(307) 358-9888

Massage Providers

Douglas Day Spa

221 E. Walnut Street

Douglas, WY 82633

(307) 358-5244

Michele's Massage Therapy

100 N. 2nd Street

Douglas, WY 82633

(307) 351-0132

Inner Strength Therapy

501 E. Richards Street

Douglas, WY 82633

(307) 358-4663

Pure Rain

123 S. 2nd Street

Douglas, WY 82633

(307) 358-2500

Joyful Living Massage & Wellness

209 W. Center Street

Douglas, WY 82633

(307) 298-9891

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