

# **Wellness Committee Activity**

## **Schedule 2018-2019**

**Qtr 1 Sept. 18<sup>th</sup>** --- Membership; Health Data (BMI/SHI); Dev. Health Goals; Review Menus; Update Wellness Policy

**Qtr 2 Dec. 18<sup>th</sup>** --- Review Menus; Discuss Progress; Health Goals/Impact; Resources/Strategies; Areas of Need

**Qtr 3 March 14<sup>th</sup>** --- Review Menus; Discuss Progress; Health Goals/Impact; Conduct SHI; Resources/Strategies; Areas of Need

**Qtr 4 May 16<sup>th</sup>** --- Review Menus; Discuss SHI Results and other data; Discuss Progress; Health Goals/Impact and Planning for coming year; Resources/Strategies; Areas of Need