



WELLNESS WORKS

"To be healthy is far different from not being sick. Health means to feel good, strong, alert, rested, mentally sharp and physically active. Health means to look forward to challenge both mental and physical."-William Glasser, Take Effective Control of Your Life, 1984.

WHAT CAN A WELLNESS PROGRAM DO FOR ME?

1. Increase awareness of the role of lifestyle choices and daily health practices upon longevity, sense of well-being, energy, and protection against disease, disability, and accident.
2. Increase knowledge of own specific health status, risk factors, and physical capacities.
3. Develop behavioral skills, knowledge, and attitudes that can enhance fitness, diet, stress management, and injury prevention.
4. Heighten sense of well-being control of one's life and health, self-esteem, and productivity on the job.
5. Connection to a natural support group--colleagues at work--who are able to give to and receive assistance from one another in pursuit of healthier lifestyles.
6. Resources to assist other family members in enhancing their physical and mental health.
7. Improve health status.

WHAT DOES THE OSHKOSH AREA SCHOOL DISTRICT WELLNESS PROGRAM OFFER?

1. Blood panel screenings, lipid profiles, and cancer risk screenings which are presented in conjunction with Mercy Medical Center.
2. An Employee Assistance Program which provides professional confidential counseling support for marriage, family, emotional, and financial concerns.
3. A Wellness Works newsletter which serves to educate and to motivate staff on health promotion issues.
4. The Lakeside Wellness Conference which offers ongoing training and development for wellness leadership.
5. District wide activities (Volleyball, speakers)