



**RIVER
FOREST
PUBLIC
SCHOOLS**

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MEMO

To: Ed Condon, Superintendent

From: Anthony Cozzi

RE: Wellness Initiatives

Date: October 8, 2019

This communication serves as a summary of the wellness initiatives that are either taking place throughout the year in District 90 or are an ongoing program.

- In September of each year, the District hosts an onsite flu shot clinic.
- The District offers a Fitness Program, a Weight Management Program and a Dynamic Wellness Program, all through BCBS. The Fitness Program provides a flexible membership program that gives employees unlimited access to a nationwide network of more than 8,000 fitness centers. The program membership is month-to-month at reduced rates. The Weight Management Program provides employee discounts on healthy meals, membership fees (where applicable), nutritional products and services. The Dynamic Wellness Program has two features, the Well on Target Member Portal and Blue Points. The portal links employees to a suite of innovative programs and tools including self-directed courses, health and wellness content, tool and trackers. Blue Points allows employees to be able to earn points by regularly participating in a range of healthy activities. They can then redeem those points for popular health and wellness merchandise and services.
- From September through May of each year, through a partnership with the West Cook YMCA, the District hosts onsite Strength Training and Yoga classes after school. Each class is once a week and rotates across the three schools in the District each quarter. Certified strength trainers and yoga instructors are sent from the YMCA to lead the classes.
- From September through May of each year, the District hosts an onsite Breathing Class after school, held once a month. The class is led by a River Forest resident and founder of the company, Begin with Ten. The program includes a study of anatomy, physiology and breathing meditation that instructs participants about how to relax.
- Beginning in January of 2020, through a partnership with the West Cook YMCA, the District will offer a Diabetes Prevention Program. The program will be offered to employees that were anonymously identified through the District's onsite Biometric Screening (see below) as being Pre-Diabetic. The program, which will be held at the YMCA, will help participants reduce the risk of developing Type 2 diabetes by making lifestyle changes with a focus on healthy eating, physical activity, and weight loss over 25 sessions over the course of one year. Those participants will also receive a complimentary adult membership to the West Cook YMCA during their participation in the program.
- Also beginning in January of 2020, through the same partnership, the District will offer a Weight Loss Program. The program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. This program, held at the YMCA, will meet once a week for 12 weeks. Participants will also receive a complimentary adult membership to the West Cook YMCA during their participation in the program.
- In February of each year, the District hosts an onsite Health Evaluation Biometric Screening available to all employees, spouses and dependents 18 years and older. If onsite participation is not possible, the District also offers testing at outside lab facilities. All participants are then entered into a raffle for a chance to win wellness prizes.

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- Also in February of each year, the RFEA hosts an onsite Wellness Hour after school. This program includes health and fitness programs led and sponsored by several community organizations. Participation in this event also has a raffle for a chance to win wellness prizes. While this is not a District event, District 90 is a financial contributor to the program.

If you have any questions, please do not hesitate to contact me.