



MDSD Wellness Team

Physical, Nutritional, & Social/Emotional



MDSD sponsored vision, immunization, & dental clinics, sports physicals



Staff Wellness opportunities = School of Spin, MDHS weight room, building initiatives, MDSD Wellness Collective



Up-to-date Food Service Programs in ALL buildings
*Summer Food Program 2026



Proactive training and education for all MDSD staff



Physical health is a priority = community collaborations with local providers



Focus on Mental Health = Hope Squad, St. Luke's therapist, Employee Assistance Program (no cost to employees and families)

Healthy Kids = Healthy Community

2026 MDSD Wellness Team Members

Sue Weber, Alice Brown, Jess Knapp,
Sara Brodhecker, Jenn Stone,
Dennis Frederickson, Anna Kinney,
Alisha Fletcher, Christie Grob,
Laura McGeorge, Kim Arrasmith