



WorkingWell

1



Move More

Join your co-workers for after work exercise classes - 4:45 - 5:45 PM

- Tuesdays - YMCA classes at the PW Annex
- Wednesdays - Zumba at Givens Gym
- Thursdays - Yoga at Port Orchard City Hall

2



Making Healthy Habits Stick

- Most of us start new habits but fail to make them stick - Come join us for lunch & learns around the County to learn how to make healthy habits stick.
- Sessions coming January 2018

3



Eat well

- Join WeightWatchers at Work starting in January
- Join the Biggest Loser contest
- Join us in February for classes on tips to packing healthy lunches

4



Take breaks & de-stress

- Learn techniques to manage stress through Wellspringeap.org; user name: Kitsap County
- Sessions on mindfulness coming in March

5



Track your wellness journey

- WorkingWell will distribute Passports for you to track activities throughout the year
- Turn in a certification of completion and be entered for gift card drawings

for more information on all these wellness opportunities, go to bit.ly/kitsapwell