

Book	Policy Manual
Section	800 Operations
Title	Wellness Program
Number	822
Status	Active ( <b>Under Review</b> )
Adopted	September 25, 1989

### **Purpose**

The Wellness Program is designed to provide motivation and activities to improve the general health and fitness of the staff. The specific objectives for the program are:

- a. To increase knowledge and awareness of programs and resources that encourage a healthier lifestyle.
- b. To engage our colleagues in activities to maintain a healthier lifestyle.

### **Authority**

The Board will facilitate and encourage the staff to take advantage of the programs and activities developed by the Wellness Committee.

### **Delegation of Responsibility**

The Assistant Superintendent shall **designate two employees to** develop and coordinate the Wellness Program ~~with help and assistance from all employee groups.~~