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|---------|--------------------------------|
| 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.~~