



## Charlotte County Wellness at Work Program List:

### Educational Seminars:

- Adopting Healthy Habits
- Food for Thought
- Healthy Coping & Stress Management
- Meal Planning
- Increase Physical Activity
- Progression Not Perfection

### Recognition Challenges-Building the Culture:

- Witness the Fitness
- Mission: Nutrition

### Challenges:

- You Pick Two Challenge
- Step It Up by the US Surgeon General
- Grateful Challenge
- Screen-Free Challenge
- Diabetes Prevention Program
- Stress Management
- 5-2-1-0 Challenge

### Fitness related programs:

- Commit to be Fit "Fitness Classes": Zumba, Tai Chi, Jazzercise, Tai Chi: Self-Defense, Yoga
- Dragon Boat team/race
- Trick or Trot 5K
- CCSO 5K
- Lung Cancer Awareness race
- Moo've it Chic-fil-a
- Hands Across the Harbor
- Tippecanoe
- Walking promotion: Walk with Administration, Walk with Directors, etc

### Other:

- Paint a Path to Wellness
- Healthy Food Drive
- Weight Watchers at Work