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MEDIA RELEASE

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Ashwaubenon School District Wellness Committee Holds Staff Health Fair

Ashwaubenon, WI – March 10, 2010 – The Ashwaubenon School District’s Wellness Committee is holding a Staff Health Fair on Friday, March 12th. This 2nd annual event takes place in the Ashwaubenon High School Auxiliary Gym from 1:00 – 3:00 p.m. during the afternoon of the Spring Teacher Convention Day. It is open to all Ashwaubenon School District staff to encourage them to get fit and stay healthy.

The event includes over twenty-five booths, screenings and breakout session. Breakout sessions include Core Training, Yoga, Zumba, Hypnosis, Life Force Energy, Sleep Apnea and Home Instead Senior Care. To make sure all aspects of wellness are covered, there is even a Financial Fitness session which will discuss Roth IRAs.

The Ashwaubenon School District Wellness Committee was established in January 2007 as an initiative to improve employee health and to lower health costs for both employees and the district. In its first year, the committee participated in the Bellin Run and created a wellness calendar for staff. The next year, staff was encouraged to participate in “Lighten Up Wisconsin” and the 1st Annual Staff Health Fair. This year, in addition to the 2nd Annual Staff Health Fair, the committee has organized fitness outings followed by a social gathering afterwards.

For more information, please contact Dave Blecha, Wellness Committee Member, at 920-492-2925 extension 6154 or dblecha@ashwaubenon.k12.wi.us.

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