

## **Wellness Update**

**Our biometric event last October was again a success! We had a 96% participation rate.**

**With the necessary paperwork that needs to be turned in by June and because we had at least a 75% participation the wellness committee will be receiving \$65,200 into their account, if we pass their audit.**

**We have booked our 2023 dates with Empower already, October 19 and 26.**

**We also partnered with the Sheriff office and did a “Stuff the Squad” event – we stuffed two squads!**

**We were in the Riverworks parking lot for three hours in the sun, rain, sleet, and snow. In that time frame we collected 1477lbs of food and collected \$427.00 in cash donation that was donated to our local food pantry.**

**Future activities we have going on:**

**A spring “Stuff the Squad”**

**Spring Trash Cleanup for our adopted road on Rock Island Blacktop**

**May is Mental Health Month – We collect change in every department and donate to NAMI.**

**So be looking for our bucket the whole month of May – we accept change and bills.**

**Remember you are never alone – If you take the I out of illness and replace it with WE**

**ILLNESS becomes WELLNESS.**