



# YES Team!

[www.yolocounty.org/yesteam](http://www.yolocounty.org/yesteam) :: [yesteam@yolocounty.org](mailto:yesteam@yolocounty.org)

Yolo Encourages Success through Talent Engagement, Assistance & Motivation

## Committee Work Plan WORKPLACE WELLNESS

**Objective:** Build a culture that prioritizes Workplace Wellness by means of creating supportive short term offerings and ongoing programs that provide incentives, education and fun.

Action	Status
1) Update YES Team Webpage to include Workplace Wellness as an Objective and create a location to share upcoming Wellness related classes, events, news, etc.	Complete & Developing More Content
2) Facilitate an Employee Wellness Challenge. This points driven challenge encourages employees to increase physical activity, sleep 7-9 hours per night, drink 64oz water/day, etc.	Starting Mid-July.
3) Consider developing a Workplace Wellness Policy.	In Progress
4) Host a Healthy Eating Lunch & Learn/ cooking demonstration. This includes recipes made with whole foods (nothing artificial or processed). The self-pay cooking demonstration is 45 minutes to 1 hour, lunch is served and recipes are shared.	In Progress
5) Determine safe walking routes around County buildings and share routes on the Wellness Page.	In Progress
6) Have a presence at the Employee Benefits Fair to provide a couple instructor led 15 minute classes, e.g. body weight workout, yoga, mindfulness, etc.	In Progress

