

ROUTE TO A BETTER BEAT:

The Search for a Healthier Heart

February
2nd - 27th

Much like the Tin Man's iconic quest to see the Wizard of Oz, we are traveling down the Yellow Brick Road to find our **(healthiest)** hearts.

Program Outline:

- **FEB 2nd - 6th** : Oiling the Gears (Nutrition)
- **FEB 9th - 13th** : Shaking Off the Rust (Movement)
- **FEB 16th - 20th** : Earning a Heart of Gold (Skills & Tools)
- **FEB 23rd - 27th** : Finding Your Heart (Mental Health)

Point Opportunities:

- WellSteps Quizzes
- Workshops
- DEXA Scan
- Functional Strength Training Activity
- Health Hub
- Wellcast 'Mini' Episodes
- Yellow Brick Road Step Challenge
- CPR Certification Training
- Gratitude Activity
- QPR Training



**185
pts**

POINT BREAKDOWN

Workshops | Activities | Challenges

Workshops: 50 pts

Heart Health - Don't Skip a Beat:

Feb. 3rd, 12-1pm, /10pts

Know Your Numbers: Feb. 11th, 12-1pm, /10pts

Sleep Your Way to a Healthier Heart: Feb. 18th, 12-1pm, /10pts

Suicide Prevention Training QPR
(Question, Persuade, Refer) Feb. 26th, 12:30-2pm, /20pts

Activities: 75 pts

DEXA Scan: Feb. 5th, 8am-2pm, In-Person, Gov. Center, /25pts

Functional Strength Training: Feb. 12th, 12-12:30pm, *Virtual*
Class/10pts

CPR Certification Course: Feb. 20th, 9am (11 spots), In-Person, Gov. Center, /35pts

The Power of Gratitude Activity:
Virtual Link, /5pts

Challenges: 60 pts

WellSteps Quizzes:

/5pts each

- Cholesterol Education
- Continuing Cholesterol Education
- Blood Pressure Education
- Continuing Blood Pressure Education
- Glucose Education
- Continuing Glucose Education

WellSteps Yellow Brick Road Step Challenge: Feb 9th, /15pts

February Health Hub/5pts

Wellcast 'Mini' Episodes
/10pts

