

Taking Healthy
Steps Together!



Wellness Program MAY 2022

FREMONT COUNTY WELLNESS WEBSITE:
WWW.FREMONTCOUNTYWELLNESS.COM

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New Manager Coming to the Wellness Program

After nearly 11 years as the Wellness Program Manager for Fremont County, I will be hanging up my hat June 30. My family is moving to Colorado to live closer to a family member with medical issues.

I have had so much fun creating challenges and programs for you, setting up health fairs, and even completing premium reduction forms. Managing this program was an opportunity of a lifetime and I really appreciate that you placed your trust in me to help you sign up for the program.

I will continue building my business as a health and wellness coach through my company Healthy Penny's Wellness Solutions. If you would like to keep in touch with everything I am doing (which not only includes comprehensive coaching packages but a lot of free fun programs too), please sign up for my email list at healthypennyswellness.com.

If you would just like to keep in touch with me personally, please friend me on Facebook or reach out to me by email at healthypenny.wellness@gmail.com.

I will truly miss being your Wellness Program Manager but I will still be here through June. I wish a you all the very best!

Thank you again for everything!

Penny



The Board of County Commissioners supports continuing the Wellness Program and will hire a new manager to replace me.

If you know of someone who would be interested in the position, please let me know! As soon as a new job description is finalized, I will send you a copy!

Happy May!

Well, I included the biggest news on the front of this newsletter. I am sad to go but also excited for all the great ideas a new manager will bring to the program!

I will have the participation incentive paperwork completed before I go, so all logs should be turned in to me by the middle of June. In the meantime, join me on my personal Facebook page each Monday as I demonstrate stretches for the upper back and neck. I did the same for the lower back in April. If you would like a copy of these stretches, let me know!

Sadly, the end of my managing the Wellness Program also brings the end to the Tai Chi classes. The final class will take place May 26th.

Thank you again for everything!

- Penny



My Visit In May-June

These visits will depend upon when I need to be in Fremont County to help transition the program. If you would like to meet with me, please email fremontcounty.wellness@gmail.com.

JOIN US FOR TAI CHI ONLINE!

Classes have moved online with Zoom meetings and it is easy to join!

1. Go to fremontcountywellness.com
2. Click on the Panda for **Tuesday's or Thursday's** class
3. If you don't have Zoom, you will be prompted to download to your browser (not computer, so it is fast and easy).
4. Then you will be instructed to launch or open Zoom. Then, join audio on your computer.



You are welcome to have your camera on or off. I mute everyone so no one will hear you sing, or sneeze, or your dog bark. As long as you can see me, you are good to go! Please join us!