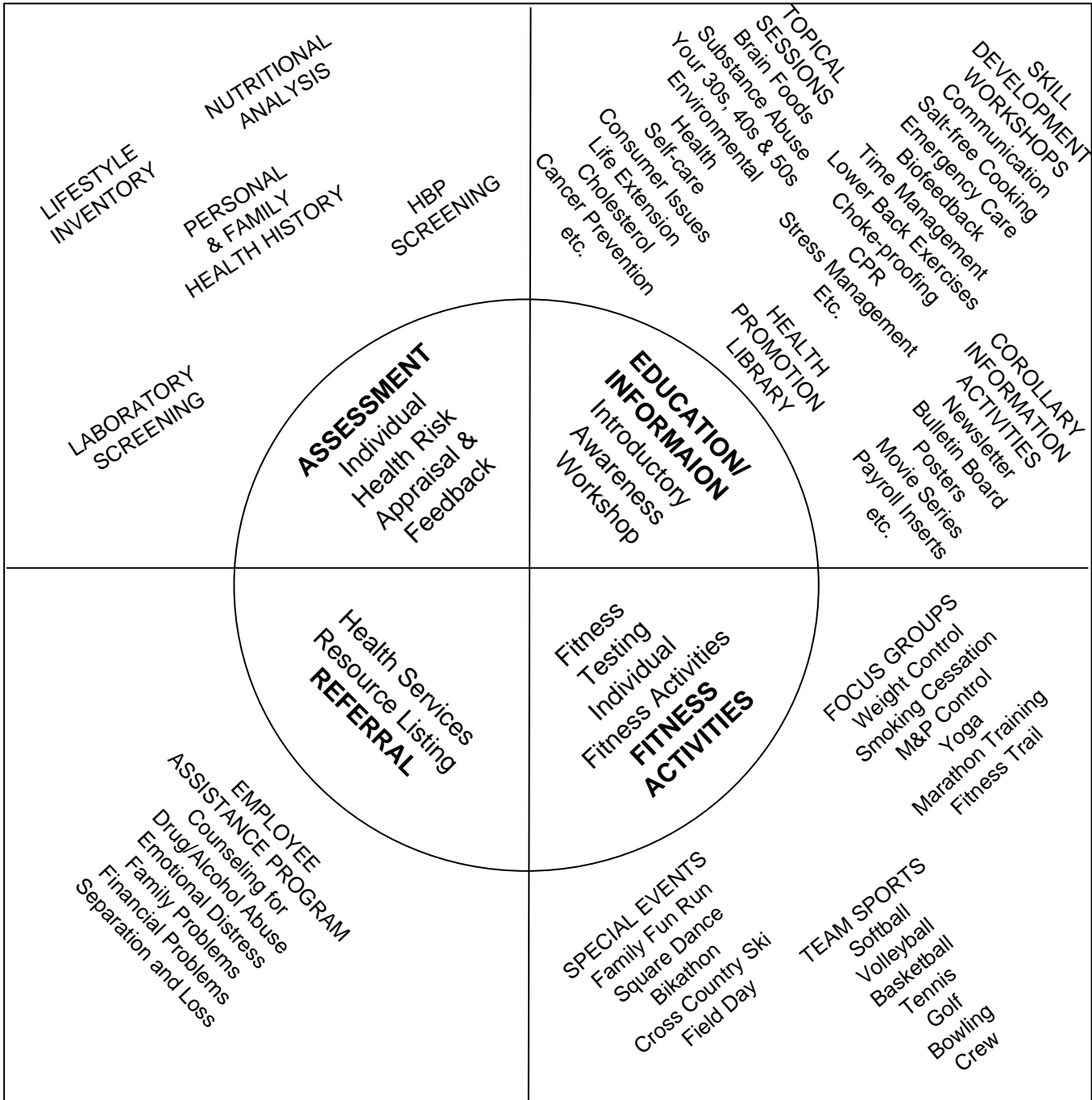


# Model Wellness Program for Communities, Schools, Seniors, Employees



This figure illustrates the four components of an Employee Wellness Program for School Districts: I. Assessment, II. Education/Information, III. Fitness Activities and IV. Referral. The minimum recommended core program is depicted in the inner circle and can be implemented at low cost. Most districts will want to offer some of the suggested program possibilities identified in the outer section of each quadrant. A district can enter the chart anywhere, start small and gradually expand to a comprehensive program that meets the needs and interest of employees and their families.

# Whole Person Wellness Model

## Dimensions/Aspects of Wellness

