Willoughby-Eastlake Wellness Committee

BACK TO SCHOOL
Welcome back to school! We have several exciting events, programs and activities planned for the Wellness Committee this year! Be sure to check out all of the information in our newsletter for our Wellness Committee updates!

FLU SHOTS
We will be offering flu shots again this November, through Rite Aid. We will be sending out a Google Form and a schedule for each building. Please indicate on the Google Form if you plan to get a flu shot at your building. This will help us plan for the amount of flu shots we will need to have available. Staff members will only have to bring their Medical Mutual health insurance cards and Rite Aid will process the paper work.

Want to hike in the Lake Metroparks this fall?
We have selected ten of our Lake Metroparks to hike in this fall. See the list of dates and times (pages 3-5 of this newsletter) to join us on these hikes. We hope you can join us to see all of the beautiful fall colors!

Feel free to bring your family or friends!

FALL HIKING

FALL FUN RUN
We will have our first fall Fun Run/Walk on Saturday, October 29th, starting at 10:00 AM. The Fun Run will begin at Edison Elementary School, in Willoughby. The route will loop through Ridge Acres, to South High School, then back to Edison Elementary. Feel free to bring your family or friends. Costumes are also welcome!

We hope you can join us for this fun event!
MEDICAL MUTUAL FUNDS

We have funds from Medical Mutual available again this year. With these funds, we will be offering Fit Bits for staff members. **Fit Bits will first be offered to those staff members who did not receive one last year.** Watch your e-mail for a Google Form regarding the purchase of a discounted Fit Bit. Fit Bits will be offered to staff members in the order of the Google Form responses.

WELLNESS CLINIC

Willoughby-Eastlake is partnering with Lake Health to offer a Wellness Clinic, at NCI Eastlake. The Wellness Clinic will be a "minute clinic" available for our staff and their family members. Not only will the Wellness Clinic be convenient for our staff members, there will also be no co-pay when utilizing the Wellness Clinic, at NCI Eastlake.

The Wellness Clinic will be opening soon! We are planning a Grand Opening for mid-October. Please check your e-mail for more information about this exciting event!

WINTER EVENT

We will have our Winter Wellness Event at Chapin Forest, in Kirtland, again this year. For this event, we schedule a date and time to meet at Chapin Forest for snow-shoeing, cross country skiing or winter hiking. Staff members and their families or friends can come to Chapin Forest anytime during the event and participate in one of these fun, winter activities, with their colleagues. More information about the Winter Wellness Event will be coming out closer to the date.

WEIGHT WATCHERS AT WORK

Our Weight Watchers at Work session started on Wednesday, September 21st. This session will meet at Royalview Elementary School, on Wednesdays, starting at 7:30 a.m. The session will continue for 17 weeks (through mid-January). Medical Mutual offers a reimbursement for participating in the Weight Watchers program. If Weight Watchers members attend 15/17 meetings, they will receive a $75 reimbursement from Medical Mutual. If you are interested in participating, please contact Rachel Aho.
Fall Hiking in the Lake Metroparks

Monday, September 26th – Pleasant Valley Park - Jen Chauby
38990 Pleasant Valley Road, Willoughby Hills, OH 44094
4:30 pm – Meet at the Pleasant Valley Road parking lot.
4:55 pm – Hike the Cliff View Trail (0.4 miles, easy)
5:00 pm – Hike the Cottonwood Trail (0.33 miles, easy)
Finish around 5:10 p.m.

Wednesday, September 28th – Chagrin River Park - Jen Chauby
3100 Reeves Road, Kirtland, OH 44094
4:30 pm – Meet at the Reeves Road parking lot
4:45 pm – Hike the Riverwood Trail (0.9 miles, easy)
5:00 pm – Hike the Woodland Run Trail (0.6 miles, easy)
5:10 pm - Hike the Brambleside Loop Trail (0.9 miles, easy)
Finish around 5:30 p.m.

Monday, October 3rd – Pete’s Pond Preserve - Rachel Aho
2255 Rockefeller Road, Wickliffe, OH 44092
4:30 pm – Meet at the Rockefeller Road parking lot (Wickliffe High School parking lot)
4:45 pm – Hike the Carriage Lane Trail (2 miles round trip, moderate)
Finish around 5:45 p.m.

Wednesday, October 5th – Lake Erie Bluffs - Jen Chauby
2901 Clark Rd., Perry Twp., OH 44081
5:30 pm – Meet at the Clark Road parking lot
5:45 pm – Hike the Shoreline Trail (0.6 miles, easy) then the Lakeview trail (0.6 miles, easy)
6:00 pm – Hike the Eagle View Lop Trial (0.6 miles, easy)
(Bring your Binoculars if you want to see the Eagles up-close)
6:30 pm – Back up to the Observation Tower to watch the sunset! (Sunset scheduled for 7:01 pm)
Finish around 7:15 p.m.
Saturday, October 8th – Hidden Lake -Jen Chauby
7024 Kniffen Road, Leroy Twp., Ohio 44077
9:00 am- Meet at the Kniffen Road parking lot
9:15 am – Hike the Hidden Lake Loop Trail (0.98 miles, easy)
Finish around 9:45 a.m.
Bring your fishing rod and your camera the leaves should be beautiful by then!

Monday, October 10th- Girdled Road Reservation -Jen Chauby
Skok Meadow-12415 Concord Hambden Rd., Concord Twp., Ohio 44077
5:00 pm – Meet at the Concord-Hambden Road parking lot
5:15 pm – Hike the Skok Meadow Trail (1.09 miles, easy)
5:45 pm – Hike the Creek Crossing Trial (0.42 miles, difficult)
Finish around 6:15 p.m.

Wednesday, October 12th- Veteran’s Park -Rachel Aho
5730 Hopkins Road, Mentor, OH 44060
4:30 pm – Meet at the Hopkins Road parking lot
4:45 pm – Hike the Cardinal Look Trail (0.46 miles, easy)
5:00 pm – Hike the Mallard Point Trail (0.14 miles, easy)
5:10 pm – Hike the Lookout Trail (0.14 miles, easy)
5:20 pm – Hike the Patriots Look Trail (0.36 miles, easy)
Finish around 5:45 p.m.

Friday, October 14th- Environmental Learning Center-Rachel Aho
7250 Alexander Rd., Concord Twp., OH 44077
8:00 am – Hike the Learning Loop & Jordan's Creek Crossing to the Research Station Trail Loop (1.25 miles easy)
8:45 am – Hike the Ridge Trail (0.90 mile easy)
9:45 am – Take Research Station, Jordan's Creek Crossing and Learning Loop back (0.25 miles easy)
Finish around 10:00 a.m.
Monday, October 17th- Lakeshore Reservation -Rachel Aho
4799 Lockwood Rd., North Perry Village, Ohio 44081
5:00 pm – Meet at the Shadyside Shelter parking lot.
5:15 pm – Hike the All Peoples Loop Trail (0.61 miles, easy)
5:30 pm – Hike the Birdwatcher’s Trail (0.54 miles, easy) and back (0.54 miles, easy)
Finish around 6:00 p.m.

Wednesday, October 19th- Hiking Chapin Forest Reservation-Jen Chauby
Pine Lodge Cross-Country Ski Center10381 Hobart Rd., Kirtland, Ohio 44094
4:30 pm – Meet at the Hobart Road parking lot
4:45 pm – Hike the Arbor Lane Loop to the Quarry Loop Trail (1.5 miles easy – moderate)
Finish around 5:45 p.m.