

Willoughby-Eastlake Schools

Wellness Committee

Fall 2021



Wellness Clinic

Our Wellness Clinic is open! The Willoughby-Eastlake location is open on Wednesdays and Fridays. The Mentor location is open on Mondays, Tuesdays and Thursdays. Please call ahead before going to either location and bring your medical cards and driver's license. Please see the email attachment about the Wellness Clinic for additional information. This information is also available on our district website, under **Staff Links and then click on the **Wellness link.****



Pedometers

Medical Mutual provided us with several pedometers. These can be used by staff members or students. Some staff members may want to have a steps challenge or a teacher may want to use the pedometers with his/her class. This can be a great way to tie math and fitness together. Students can do a variety of math related activities with the data from the pedometers. If you are interested in obtaining pedometers for class or staff use, please email the Wellness Committee.

Gym Reimbursements

Gym reimbursements will continue for the 2021-2022 school year. The program has changed a bit this year. This year, reimbursement forms will only be submitted two times, once by January 10, 2022 and once by May 10, 2022. Staff members will still submit the district form, proof of payment and attendance. The requirement for reimbursement is to attend a gym, fitness class or online program 40 times, from August 2021-December 31, 2021 and 40 times from January 1, 2022-April 30, 2022. See the gym reimbursement form (attached to email or under Staff Links) for details.



Area Gym Discounts

In addition to our fitness reimbursement for staff members, some gyms in our area also offer discounts for Willoughby-Eastlake employees.

Lake Health Live Healthy Fitness Center (Mentor)

30% off Standard Enrollment Fee

Powerhouse Gym (Eastlake)

\$0 Enrollment fee, \$25.00 per month and 1-2 months free

West End YMCA (Willoughby)

\$0 Enrollment fee and monthly discounts off each type of membership (\$7 off Family membership, \$6 off 2-Person Family, \$4 off Adult membership, \$2 off a Youth membership)

Milestone Athletic Club (Willoughby Hills)

Two Week Trial \$21.99

Rate Locked in after Enrollment

Flu Shots

We will offer flu shots, in each building, this school year. We are trying to schedule the flu shots for September this year. A schedule for flu shots will be sent out soon!

Questions for the Wellness Committee?

If you have any questions for the Wellness Committee, please email:

wellness.committee@weschools.org

Weight Watchers

Just a reminder, Medical Mutual offers a discounted price for joining Weight Watchers. This is for attending meetings at a Weight Watchers location. You must sign up through Medical Mutual. The information for Weight Watchers is located under Staff Links, then the Wellness link, on our district's website.

