

# Happy New Year from *Journey* to the WELL

January is the start of something new and an opportunity to make lasting change. If any of your resolutions for the New Year include better health and wellness, here's some e-news you can use. Did you know the simple act of logging your activities can increase the likelihood of reaching and maintaining wellness goals throughout the year? In fact, a study conducted by Kaiser (2008) noted a 46% greater chance for success. This can be attributed to the benefit of accountability, encouragement and increased awareness. Please watch the video below and use the links to take advantage of MESD's Wellness Tracking resources. Don't forget to sign-up for the YOGA wait list [HERE](#). You'll receive an email when courses at Wheatley School and potentially Ainsworth Building become available.

[view video here](#)



**Why Not Get Started Tracking Your Progress? Here Are the Links from the Video.**

Just Click the Links Below:

CLICK: [Healthy Team Healthy U](#)

CLICK: [MESD WALKER TRACKER](#)



[Email the Wellness Team](#)

*Have an awesome 2016*  
*Positive Regards,*  
Steffannie Roaché MS.LPC

5th Annual Oregon School Employee Wellness Conference March 20-22, 2016 in Bend  
Together Everyone Achieves More: The Power of US!

[\\*CLICK for More Information\\*](#)

**Oregon School Employee Wellness Conference**  
**The Power of US!**

**The Riverhouse**  
**Bend, OR**

**Save The Date:**  
**March 20-22, 2016**

Contact Person: Inge Aldersebaes, OEA Choice Trust  
808-452-2614, Ext 181 - email: [inge@oeachoice.com](mailto:inge@oeachoice.com)

- Build personal skills to rejuvenate your health
- Bring a school team to learn how to create a culture of wellness
- Access state and national resources to support school employee wellness
- Learn how healthy school employees leads to greater student success

Sponsored By:

OEA Choice Trust, Medix, Oregon Public Health, OEA/NEA, OOSR, OESS, Oregon ASCD, OSGA, OOE Child Nutrition, Kaiser Permanente NW

Individual  
School  
Community