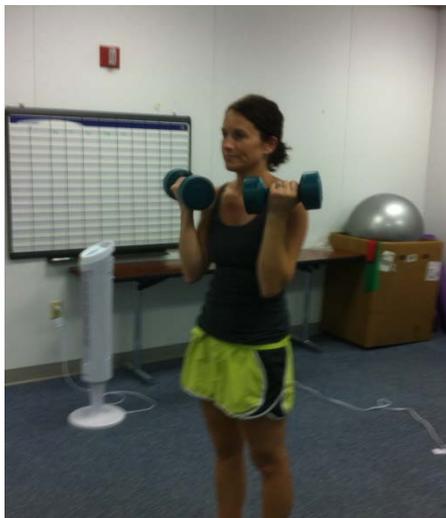


Community Health and Wellness

Kathy Craig and Kathleen Gregory do a few wall stretches



Lesha Peterson working out in the PA room



Barb Keen's AWESOME plank!



Getting a little stretching in before our meetings



Bureau of Reportable Disease Informatics (BRDI)

Create Your Own Fun Activity –
Keep the balloons in the air!

Plank time



Office Stretch



Our exercise gear



Taking the stairs!



Amy Forbis
Samantha Mathieson
Fei Wu
Rhonda Duewell
December Montecino
Paula Petershagen

Jasper Co. DSDS:

Kathy Rushing and Laura Roy taking a walk on “Walking Wednesday”!



Lana Cox working that thighmaster!



Laura Roy completing a “Scavenger Hunt Wellness Word Search” that she developed herself



Kathy Rushing taking extra steps by walking a distance to her car



Angela Haulman and Heather Howard taking time for an office stretch on an exercise ball



DO/Office of Human Resources

Julie Herigon and Peggy Hader are enjoying their brain break.



Carrie Haley is a champ taking the furthest parking spot from her office.



Gwen Petet is great with the jump rope!



Julie Herigon manages to use her office equipment for work and exercise. Great plank Julie!



It's time to YMCA with Teresa Stafford, Gwen Petet, Yavanna Blanke, and Meredith Curry.



Bureau/Work Unit: DCPH-OFABS, Sharon's Team

Doing our *Best Office Stretch* during our staff meeting
Standing: Beverly Grote, Angela Burgess, Lori Evers, Stacy Henderson,
Sharon Helton
Sitting: Cheri Volner & Heather Daro



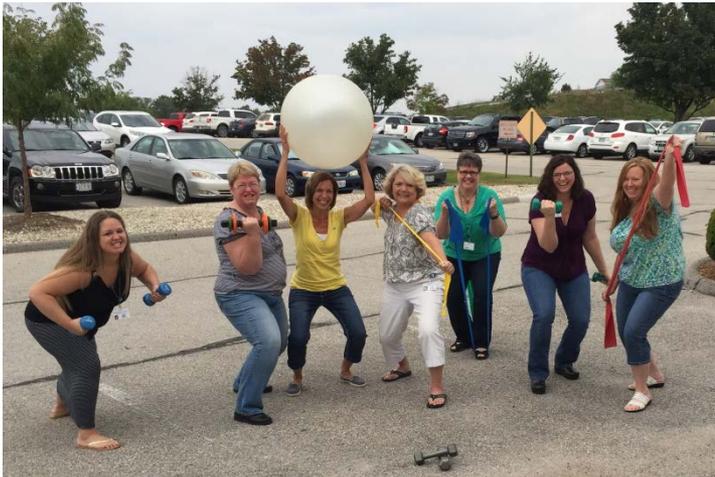
Beginning our walk in our pink and purple on
Walking Wednesday
Stacy Henderson, Lori Evers, Beverly Grote, Sharon
Helton, Heather Daro, Angela Burgess, Cheri Volner,
Mary Blevins, Jamia Cole, & Amanda Sayers



Busting a Move doing the Duck dance
Stacy Henderson, Cheri Volner, Sharon Helton, Amanda Sayers, Angela
Burgess, Beverly Grote, Lori Evers, & Heather Daro



Striking a pose using our small *Exercise Gear*
Amanda Sayers, Sharon Helton, Lori Evers, Cheri Volner, Beverly Grote,
Angela Burgess, Heather Daro



Taking a *Brain Break* – coloring or playing games on our electronic devices.
Heather Daro, Lori Evers, Sharon Helton, Beverly Grote, Angela Burgess, Cheri Volner, Stacy
Henderson, Amanda Sayers

