July- Get Outside!

The weather has finally turned into summer around here! Let’s get outside and get moving. We are so very lucky to live in an area with an abundance of hiking trails! Did you know that Glendo State Park has TONS of hiking/mountain biking trails? They are fantastically marked and easy to find. The trails are designed for easy access and use. Check out the bulletin boards (one across from the treasurer’s office and one at Road & Bridge) to see a map of the trails! If mountain hiking is more of your thing we are so close to so many opportunities. Laramie Peak is a wonderful (and slightly intense) hike, LaBonte Canyon, Roaring Fork, Curtis Gulch, Sunset Ridge, Twin Peaks and Deer Creek also all have hiking and ORV trails. Grab a friend, pack up a lunch and hit the road. Our local Forest Service Station (located at 2240 E. Richards St) has a great amount of information and maps just for YOU! Swing by there to talk to a ranger or snag some loot. Inside they are busting at the seams with information.

Your wellness committee is very pleased with the lunch turn out for Employee Appreciation on June 19th. The Hospital catered the event and bellies were full. We still have wellness shirts available. If you didn’t receive your T-shirt please contact Shea at conversewellness@gmail.com and we will get some shirts delivered to you.

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Big Winners! Congratulations to Mandy Jones and Brain Witbrod for taking first in the “Tryathlon” hosted in May and finished in early June. Team “The Super Hero’s In Training” earned cold hard cash and Yeti coolers for the top spot among 16 total teams. The teams all tracked their steps, sleep and water consumption for four weeks with mini challenges thrown in as well. The work was hard, health was gained and competition fierce! Thank you to all the teams that participated, the wellness committee is so proud!
Are you using your wellness Benefit?

We hear there are some folks that still aren’t sure what the wellness benefits are! New fiscal Year, great chance to get rolling with YOUR WELLNESS! Every month the wellness committee has $ to spend ON YOU! You can choose to apply $50 toward the following each month: a gym membership, a massage or a float therapy session (Casper). We have also added 307 Healing Waters as an option for your wellness benefit! Go check it out! See the third page of this newsletter for a list of providers in our area including 307 Healing Waters. Simply contact Tiffany Martin @ the treasurer’s office and let her know how you would like to use your benefit and she will let you know how to get started. Her email is tiffany.martin@conversecountywy.gov. We firmly believe that taking time every month for self care and wellness create a better community and a healthier workplace for us all. YOU are worth taking the time, fill your cup!

Hiking, Being Outdoorsy and Being Safe

Hiking is a wonderful way to get in movement, you are in nature, surrounded by natural beauty and fresh air. Hiking burns about 500 calories per hour for a 160 lb person. The best part of hiking? It doesn’t feel like a “workout”.

1. Always pack water, more water than you think you will need. A water filtration system for backpacking is certainly handy to have on hand too.
2. Make sure you have a clear idea of where you are going and how to navigate your way, also it’s great to let others know where you are going and when you plan on being back.
3. SUNSCREEN is a must, protecting your skin from the harsh sun at higher altitudes is of the utmost importance. Apply liberally!
4. Make sure you have snacks; you will need fuel especially on longer hikes.
5. Layers, dress in layers people. Always make sure you have extra socks and can add or shed layers!
6. Matches, flashlight, first aid kit, knife, insect repellant and a map should all be in your backpack.
7. Make sure to soak up all the good feelings, enjoy the mountain air and take pictures!

Wellness Drawing Winners for June!

- Kristy Shuler
- Crimson Miller
- Amber Peterson
- Mandy Jones

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Wellness Benefit Providers

Fitness Centers:

The Body Shop
113 S. 2nd Street
Douglas, WY 82633
(307) 358-8325

Peak Fitness/2nd Street Yoga
1185 Yuma Drive
Douglas, WY 82633
(307) 358-9888

Massage Providers

Douglas Day Spa
221 E. Walnut Street
Douglas, WY 82633
(307) 358-5244

Inner Strength Therapy
501 E. Richards Street
Douglas, WY 82633
(307) 358-4663

Joyful Living Massage & Wellness
209 W. Center Street
Douglas, WY 82633
(307) 298-9891

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