

# Starting Up Wellness:

## A Case Study of the David Douglas School District

**1. What is your “Why”?**

a. Where are you with the wellness work at your school?

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b. Why did you choose to come to this presentation?

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c. What insight about wellness programs can you share with the group?

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**2. Where are you starting? What is your current policy and program? How do people find it?**

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**3. Who are the key players for employee wellness within your district?**

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**4. What are (or what were) your first steps in creating a wellness program?**

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5. What has gone well for you?

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6. What are some speed bumps that you have experienced?

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7. Next steps/how to sustain a program/any ideas you would like to share out:

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