

January 2019

COACHING SESSION LOCATION	DATE	TIME
Forest Park Maintenance Shop	January 3, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	January 4, 2019	9 a.m. – 12 p.m.
Burbank Maintenance Shop	January 7, 2019	6:30 a.m.-7:30 a.m.
Plank Rd. Maintenance Shop	January 8, 2019	6:30 a.m. – 7:30 a.m.
Greenwood Maintenance Shop and Arboretum	January 8, 2019	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Library	January 8, 2019	9 a.m. – 10 a.m.
Farr Maintenance Shop	January 9, 2019	6:30 a.m. – 7:30 a.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	January 9, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	January 10, 2019	11a.m. – 12 p.m.
Oak Villa Maintenance Shop	January 15, 2019	6:30 a.m. – 7:30 a.m.

January visits are **for high risk participants** (those who had 3 or more risk factors for metabolic syndrome at the November health fair) only. The SB Wellness Health Coach will visit with each participant one-on-one and give a curriculum and goal setting.

February 2019

COACHING SESSION LOCATION	DATE	TIME
Womack Administrative Building – Interactive Warehouse	February 1, 2019	9 a.m. – 12 p.m.
Burbank Maintenance Shop	February 4, 2019	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	February 5, 2019	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	February 6, 2019	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	February 7, 2019	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Education Center	February 12, 2019	9 a.m. – 10 a.m.
Greenwood Maintenance Shop and Arboretum	February 12, 2019	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	February 12, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	February 13, 2019	11 a.m. - 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	February 14, 2019	6:30 a.m. – 7:30 a.m.

February visits are considered a **quarterly assessment** and everyone in the program participates. We will do blood pressure and weight risk assessment checks, as well as one-on-one coaching. Those in the High Risk program will be reminded about our visits in the next months for them and given more curriculum.

March 2019

COACHING SESSION LOCATION	DATE	TIME
Farr Maintenance Shop	March 6, 2019	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	March 7, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	March 8, 2019	9 a.m. – 12 p.m.
Burbank Maintenance Shop	March 11, 2019	6:30 a.m.-7:30 a.m.
Baton Rouge Zoo – Library	March 12, 2019	9 a.m. - 10:00 a.m.
Greenwood Maintenance Shop and Arboretum	March 12, 2019	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	March 12, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	March 13, 2019	11 a.m. –12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	March 14, 2019	6:30 a.m. – 7:30 a.m.
Oak Villa Maintenance Shop	March 19, 2019	6:30 a.m. – 7:30 a.m.

March visits are for **high risk participants** (those who had 3 or more risk factors for metabolic syndrome at the November health fair) only. The SB Wellness Health Coach will visit with each participant one-on-one and give a curriculum and goal setting.

April 2019

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	April 1, 2019	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	April 2, 2019	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	April 3, 2019	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	April 4, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	April 5, 2019	9 a.m. – 12 p.m.
Baton Rouge Zoo – Library	April 9, 2019	9 a.m. - 10 a.m.
Greenwood Maintenance Shop and Arboretum	April 9, 2019	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	April 9, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	April 10, 2019	11a.m.-12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	April 11, 2019	6:30 a.m. – 7:30 a.m.

April visits are for **high risk participants** (those who had 3 or more risk factors for metabolic syndrome at the November health fair) only. The SB Wellness Health Coach will visit with each participant one-on-one and give a curriculum and goal setting.

May 2019

COACHING SESSION LOCATION	DATE	TIME
Farr Maintenance Shop	May 1, 2019	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	May 2, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	May 3, 2019	9 a.m. – 12 p.m.
Burbank Maintenance Shop	May 6, 2019	6:30 a.m.-7:30 a.m.
Plank Rd. Maintenance Shop	May 7, 2019	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Pavilion	May 7, 2019	9 a.m. – 10 a.m.
Greenwood Maintenance Shop and Arboretum	May 7, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	May 8, 2019	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	May 9, 2019	6:30 a.m. – 7:30 a.m.
Oak Villa Maintenance Shop	May 14, 2019	6:30 a.m. – 7:30 a.m.

May visits are considered a **quarterly assessment** and everyone in the program participates. We will do blood pressure and weight risk assessment checks, as well as one-on-one coaching. Those in the High Risk program will be reminded about our visits in the next months for them and given more curriculum.

June 2019

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	June 3, 2019	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	June 4, 2019	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	June 5, 2019	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	June 6, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	June 7, 2019	9 a.m. – 12 p.m.
Baton Rouge Zoo - Library	June 11, 2019	9 a.m. – 10 a.m.
Greenwood Maintenance Shop and Arboretum	June 11, 2019	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	June 11, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	June 12, 2019	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	June 13, 2019	6:30 a.m. – 7:30 a.m.

June visits are for **high risk participants** (those who had 3 or more risk factors for metabolic syndrome at the November health fair) only. The SB Wellness Health Coach will visit with each participant one-on-one and give a curriculum and goal setting.

July 2019

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	July 1, 2019	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	July 2, 2019	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	July 3, 2019	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo - Library	July 9, 2019	9 a.m. – 10 a.m.
Greenwood Maintenance Shop and Arboretum	July 9, 2019	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	July 9, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	July 10, 2019	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	July 11, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	July 12, 2019	9 a.m. – 12 p.m.
Forest Park Maintenance Shop	July 18, 2019	6:30 a.m. – 7:30 a.m.

July visits are for **high risk participants** (those who had 3 or more risk factors for metabolic syndrome at the November health fair) only. The SB Wellness Health Coach will visit with each participant one-on-one and give a curriculum and goal setting.

August 2019

COACHING SESSION LOCATION	DATE	TIME
Forest Park Maintenance Shop	August 1, 2019	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	August 2, 2019	9 a.m. – 12 p.m.
Burbank Maintenance Shop	August 5, 2019	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	August 6, 2019	6:30 a.m. – 7:30 a.m.
FARR Maintenance Shop	August 7, 2019	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Education Room	August 13, 2019	9 a.m. – 10 a.m.
Greenwood Maintenance Shop and Arboretum	August 13, 2019	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	August 13, 2019	6:30 a.m. – 7:30 a.m.
Santa Maria	August 14, 2019	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP) North Sherwood Recreation Center	August 15, 2019	6:30 a.m. – 7:30 a.m.

August visits are considered a **quarterly assessment** and everyone in the program participates. We will do blood pressure and weight risk assessment checks, as well as one-on-one coaching.