

# WELLNESS COACHING FOR EMPLOYEES

We are a district in which people care for themselves, about each other, and model healthy choices for our students.



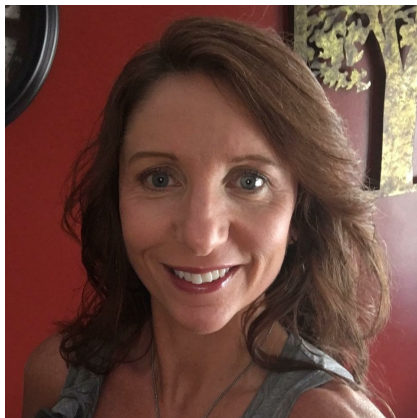
Building a culture of wellness.



Wanting to improve your eating habits or exercise?  
Need help with accountability?

School District of Onalaska employees can meet with the SDO Wellness Coach to help. The district will pay for two personal wellness coaching sessions each school year to make sure you can be your best! For more information, contact your school's WOW coach or Sonya Ganther.

To schedule your personal wellness coaching session, contact Cheryl at [cherylcoach1@gmail.com](mailto:cherylcoach1@gmail.com) or 608-792-8545.



## WOW Coaches

Middle School/Central Kitchen: Amanda Beld

Irving Pertsch/Pupil Services: Cheryl Lang

High School: Mesa Heit

Northern Hills: Cami Pietrek

Eagle Bluff: Kimmi Muellenberg

## Wellness Coach: Cheryl Killilea

Changing Lanes Fitness, Nutrition & Wellness Coaching LLC

## What do other Onalaska employees have to say about Personal Wellness Coaching?

*Coaching isn't just about physical wellness but also emotional and social wellness and Cheryl helped me work towards a healthy balance.*

*Wellness coaching with Cheryl allowed me to focus on 1 goal and the steps I needed to get there, rather than feeling overwhelmed I felt in control and accomplished.*