



Carnes Crossroads
WELLNESS CLUB

For Our Healthy Living, For Our Community Growth.

First of all, THANK YOU for your participation and support! We launched Carnes Crossroads Wellness Club on the May 1st, 2018. Yes, it's a "club". We came with good care, sweat and laughter.

2018 - Year End - Report



6 SEASONS, 182 SESSIONS in 28 WEEKS

Since May 1st 2018, from the first day of CCWC, we have done 182 sessions in 140 CCWC calendar days!



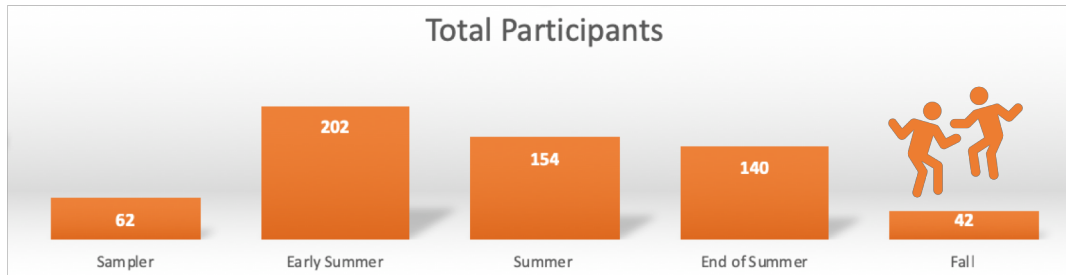
65 UNIQUE PARTICIPANTS

♂ 4 Male Participants ♀ 61 Female Participants

🏠 24 Residents 📁 4 CCX workers 🚗 37 Non-residents



600 TOTAL PARTICIPANTS



63 TIMES

The person who participated the most in 28 weeks. Her cost per session was only \$1.59.



Comments



"My days are more productive since I started getting up early and exercising."



"The arthritis class helped reducing my back pain."



"Eating healthier and exercising, I got 2 sizes down this Summer."



"Away from kids, workout and meditation, this is my ME TIME. 😊"



The Blake Season

Jan. 7th - Feb. 22nd

<http://ccwc.blog>