

January 2020

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	January 6, 2020	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	January 7, 2020	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	January 8, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	January 9, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	January 10, 2020	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	January 14, 2020	6 a.m. – 6:30 a.m.
Greenwood Maintenance Shop and Arboretum	January 14, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Library	January 14, 2020	9 a.m. – 10 a.m.
Santa Maria	January 15, 2020	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	January 16, 2020	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 2020

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	February 3, 2020	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	February 4, 2020	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	February 5, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	February 6, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	February 7, 2020	9 a.m. – 12 p.m.
Greenwood Maintenance Shop and Arboretum	February 11, 2020	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	February 11, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Education Center	February 11, 2020	9 a.m. – 10 a.m.
Santa Maria	February 12, 2020	11 a.m. - 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	February 13, 2020	6 a.m. – 8 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 2020

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	March 2, 2020	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	March 3, 2020	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	March 4, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	March 5, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	March 6, 2020	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	March 10, 2020	6 a.m. – 6:30 a.m.
Greenwood Maintenance Shop and Arboretum	March 10, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Library	March 10, 2020	9 a.m. - 10:00 a.m.
Santa Maria	March 11, 2020	11 a.m. –12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	March 12, 2020	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 2020

COACHING SESSION LOCATION	DATE	TIME
Farr Maintenance Shop	April 1, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	April 2, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	April 3, 2020	9 a.m. – 12 p.m.
Burbank Maintenance Shop	April 6, 2020	6:30 a.m.-7:30 a.m.
Plank Rd. Maintenance Shop	April 7, 2020	6 a.m. – 6:30 a.m.
Greenwood Maintenance Shop and Arboretum	April 7, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Library	April 7, 2020	9 a.m. - 10 a.m.
Santa Maria	April 8, 2020	11a.m.-12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	April 9, 2020	6:30 a.m. – 7:30 a.m.
Oak Villa Maintenance Shop	April 14, 2020	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 2020

COACHING SESSION LOCATION	DATE	TIME
Womack Administrative Building – Interactive Warehouse	May 1, 2020	9 a.m. – 12 p.m.
Burbank Maintenance Shop	May 4, 2020	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	May 5, 2020	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	May 6, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	May 7, 2020	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	May 12, 2020	6:30 a.m. – 7:30 a.m.
Greenwood Maintenance Shop and Arboretum	May 12, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Pavilion	May 12, 2020	9 a.m. – 10 a.m.
Santa Maria	May 13, 2020	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	May 14, 2020	6 a.m. – 8 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 2020

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	June 1, 2020	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	June 2, 2020	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	June 3, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	June 4, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	June 5, 2020	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	June 9, 2020	6 a.m. – 6:30 a.m.
Greenwood Maintenance Shop and Arboretum	June 9, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo - Library	June 9, 2020	9 a.m. – 10 a.m.
Santa Maria	June 10, 2020	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	June 11, 2020	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 2020

COACHING SESSION LOCATION	DATE	TIME
Farr Maintenance Shop	July 1, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	July 2, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	July 10, 2020	9 a.m. – 12 p.m.
Burbank Maintenance Shop	July 6, 2020	6:30 a.m.-7:30 a.m.
Plank Rd. Maintenance Shop	July 7, 2020	6 a.m. – 6:30 a.m.
Greenwood Maintenance Shop and Arboretum	July 7, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo - Library	July 7, 2020	9 a.m. – 10 a.m.
Santa Maria	July 8, 2020	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	July 9, 2020	6:30 a.m. – 7:30 a.m.
Oak Villa Maintenance Shop	July 14, 2020	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 2020

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	August 3, 2020	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	August 4, 2020	6:30 a.m. – 7:30 a.m.
FARR Maintenance Shop	August 5, 2020	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	August 6, 2020	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	August 7, 2020	9 a.m. – 12 p.m.
Greenwood Maintenance Shop and Arboretum	August 11, 2020	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	August 11, 2020	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – Education Room	August 11, 2020	9 a.m. – 10 a.m.
Santa Maria	August 12, 2020	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	August 13, 2020	6 a.m. – 8 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.