

January 2021

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	January 4, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	January 5, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	January 6, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	January 7, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	January 8, 2021	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	January 12, 2021	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	January 12, 2021	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	January 12, 2021	9 a.m. – 10 a.m.
Santa Maria	January 13, 2021	11a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	January 14, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	February 1, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	February 2, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	February 3, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	February 4, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	February 5, 2021	9 a.m. – 12 p.m.
Greenwood Maintenance Shop and Arboretum	February 9, 2021	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	February 9, 2021	6:30am - 7:15am
Baton Rouge Zoo – TBA	February 9, 2021	9 a.m. – 10 a.m.
Santa Maria	February 10, 2021	11 a.m. - 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	February 11, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	March 1, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	March 2, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	March 3, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	March 4, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	March 5, 2021	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	March 9, 2021	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	March 9, 2021	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	March 9, 2021	9 a.m. - 10:00 a.m.
Santa Maria	March 10, 2021	11 a.m. –12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	March 11, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	April 5, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	April 6, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	April 7, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	April 8, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	April 9, 2021	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	April 13, 2021	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	April 13, 2021	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	April 13, 2021	9 a.m. - 10 a.m.
Santa Maria	April 14, 2021	11 a.m.-12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	April 15, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	May 3, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	May 4, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	May 5, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	May 6, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	May 7, 2021	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	May 11, 2021	6:30am - 7:15am.
Greenwood Maintenance Shop and Arboretum	May 11, 2021	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	May 11, 2021	9 a.m. – 10 a.m.
Santa Maria	May 12, 2021	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	May 13, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Oak Villa Maintenance Shop	June 1, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	June 2, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	June 3, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	June 4, 2021	9 a.m. – 12 p.m.
Burbank Maintenance Shop	June 7, 2021	6:30 a.m.-7:30 a.m.
Plank Rd. Maintenance Shop	June 8, 2021	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	June 8, 2021	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo - TBA	June 8, 2021	9 a.m. – 10 a.m.
Santa Maria	June 9, 2021	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	June 10, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Forest Park Maintenance Shop	July 1, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	July 2, 2021	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	July 6, 2021	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	July 6, 2021	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo - TBA	July 6, 2021	9 a.m. – 10 a.m.
Santa Maria	July 7, 2021	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	July 8, 2021	6:30 a.m. – 7:30 a.m.
Burbank Maintenance Shop	July 12, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	July 13, 2021	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	July 14, 2021	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 2021

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	August 2, 2021	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	August 3, 2021	6:30 a.m. – 7:30 a.m.
FARR Maintenance Shop	August 4, 2021	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	August 5, 2021	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	August 6, 2021	9 a.m. – 12 p.m.
Greenwood Maintenance Shop and Arboretum	August 10, 2021	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	August 10, 2021	6:30am - 7:15am
Baton Rouge Zoo – TBA	August 10, 2021	9 a.m. – 10 a.m.
Santa Maria	August 11, 2021	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	August 12, 2021	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.