

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	January 3, 2022	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	January 4, 2022	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	January 5, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	January 6, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	January 7, 2022	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	January 11, 2022	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	January 11, 2022	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	January 11, 2022	9 a.m. – 10 a.m.
Santa Maria	January 12, 2022	11a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	January 13, 2022	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.

COACHING SESSION LOCATION	DATE	TIME
Oak Villa Maintenance Shop	February 1, 2022	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	February 2, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	February 3, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	February 4, 2022	9 a.m. – 12 p.m.
Burbank Maintenance Shop	February 7, 2022	6:30 a.m. – 7:30 a.m.
Greenwood Maintenance Shop and Arboretum	February 8, 2022	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	February 8, 2022	6:30am - 7:15am
Baton Rouge Zoo – TBA	February 8, 2022	9 a.m. – 10 a.m.
Santa Maria	February 9, 2022	11 a.m. - 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	February 10, 2022	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.

COACHING SESSION LOCATION	DATE	TIME
Oak Villa Maintenance Shop	March 1, 2022	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	March 2, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	March 3, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	March 4, 2022	9 a.m. – 12 p.m.
Burbank Maintenance Shop	March 7, 2022	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	March 8, 2022	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	March 8, 2022	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	March 8, 2022	9 a.m. - 10:00 a.m.
Santa Maria	March 9, 2022	11 a.m. –12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	March 10, 2022	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.

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	April 4, 2022	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	April 5, 2022	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	April 6, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	April 7, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	April 8, 2022	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	April 12, 2022	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	April 12, 2022	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	April 12, 2022	9 a.m. - 10 a.m.
Santa Maria	April 13, 2022	11 a.m.-12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	April 14, 2022	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.

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	May 2, 2022	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	May 3, 2022	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	May 4, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	May 5, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	May 6, 2022	9 a.m. – 12 p.m.
Plank Rd. Maintenance Shop	May 10, 2022	6:30am - 7:15am.
Greenwood Maintenance Shop and Arboretum	May 10, 2022	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo – TBA	May 10, 2022	9 a.m. – 10 a.m.
Santa Maria	May 11, 2022	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	May 12, 2022	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.

COACHING SESSION LOCATION	DATE	TIME
Oak Villa Maintenance Shop	July 5, 2022	6:30 a.m. – 7:30 a.m.
Farr Maintenance Shop	July 6, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	July 7, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	July 8, 2022	9 a.m. – 12 p.m.
Burbank Maintenance Shop	July 11, 2022	6:30 a.m.-7:30 a.m.
Plank Rd. Maintenance Shop	July 12, 2022	6:30am - 7:15am
Greenwood Maintenance Shop and Arboretum	July 12, 2022	6:30 a.m. – 7:30 a.m.
Baton Rouge Zoo - TBA	July 12, 2022	9 a.m. – 10 a.m.
Santa Maria	July 13, 2022	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	July 14, 2022	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.

COACHING SESSION LOCATION	DATE	TIME
Burbank Maintenance Shop	August 1, 2022	6:30 a.m.-7:30 a.m.
Oak Villa Maintenance Shop	August 2, 2022	6:30 a.m. – 7:30 a.m.
FARR Maintenance Shop	August 3, 2022	6:30 a.m. – 7:30 a.m.
Forest Park Maintenance Shop	August 4, 2022	6:30 a.m. – 7:30 a.m.
Womack Administrative Building – Interactive Warehouse	August 5, 2022	9 a.m. – 12 p.m.
Greenwood Maintenance Shop and Arboretum	August 9, 2022	6:30 a.m. – 7:30 a.m.
Plank Rd. Maintenance Shop	August 9, 2022	6:30am - 7:15am
Baton Rouge Zoo – TBA	August 9, 2022	9 a.m. – 10 a.m.
Santa Maria	August 10, 2022	11 a.m. – 12 p.m.
North Sherwood Maintenance Shop (Trades, A & B, Special Services, Tree Crew & CIP)- North Sherwood Recreation Center	August 11, 2022	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. Those in the High Risk program will be reminded about our visits in the next months for them and given more curriculum.