**ARTA Wellness Committee Report-OKARTA AGM**

The goal of ARTA’s Wellness committee is to promote and support all the dimensions of wellness: physical, social, emotional, economic, intellectual and spiritual for ARTA members. To do so, the committee collaborates with the 18 ARTA branches to establish wellness initiatives and provide some funding for those initiatives.

The Wellness Committee met 5 times over the past year. The committee once again coordinated the Wellness Challenge, previously called the Walking Challenge. This year, acting on suggestions of ARTA members, the challenge was expanded to include all kinds of activities that encourage an active, healthy lifestyle.

OKARTA’s Wellness Challenge began in April with a kick-off at the Creekside Pub and a walk along The Greenway. The Wellness Committee in the past provided participants with pedometers to measure steps and this year gave sports watches to all who took part. The Challenge ends at the end of June and we are hopeful that OKARTA can match the excellent results we have had over the past few years. OKARTA, for two years in a row, has won the prize for the most participants per capita of any ARTA branch.

ARTA’s magazine, News & Views, regularly features articles about wellness and these articles are written by members of our Wellness Committee. The magazine is published 4 times a year, Spring, Summer, Autumn & Winter and this past issue celebrated volunteering as a wellness activity. Wellness Committee members also regularly provide information which is posted on ARTA’s website, [www.arta.net](http://www.arta.net)

The Wellness Committee also provides Wellness Grants of $1000 per year for any branch to provide its members with opportunities to take part in wellness activities. Over the past three years, OKARTA has applied for three Wellness Grants which covered all costs associated with the In-Body Composition Clinics and its follow-ups. We also applied for and received two grants called Branch Initiative Grants from the Communications Committee which allowed us to provide two excellent COACH (cardiac health) sessions for interested members.

Since our last AGM, Marilyn Resler, Carol Francis and I have outlined some wellness activities for OKARTA. These activities were suggested by members of our group and I will briefly describe the events which took place this past year. Last June, a number of us cycled the Myra Canyon, with several people cycling the trestles, and the rest of us cycling all the way to Penticton. That was an adventure, to say the least, particularly after all the wash-outs on the trail. In October, Part 2 of the COACH (Central Okanagan Assn for Cardiac Health) program was held. Since many people travel in the winter, we took a break and began again with some activities this Spring. In addition to the Wellness Challenge in April, an excellent clinic on electric bikes was provided by Outbound Cycle in West Kelowna. And lastly, Pickleball for Beginners was held at the end of May.

Our wellness plan for the Fall: It was suggested that OKARTA members and spouses/partners would benefit from taking a CPR course. Since these courses can be quite pricey, OKARTA recently applied for and was given an ARTA Wellness Grant of $500 to cover most, if not all, the registration costs of CPR Training, Level A which includes AED (automated external defibrillation) training. The training, provided by St. John’s Ambulance, costs $39.00 per person and is 3 ½ hours in length. We are hoping to book the morning of September 19 for this program and will begin registration in late July or early August. They can accommodate a maximum of 18 people in this course so registration will be on a first-come basis.

We welcome other suggestions for wellness activities for the upcoming year.

Bev Mallett

Wellness Committee

June 12, 2018