



Wellness Program

WELLNESS

CALENDAR OF EVENTS

January	February • MPA Health Fairs	March • MPA Health Fairs
April • MPA Health Fairs • CPR, First Aid & AED Training • Spring Walk n Lunch	May • CPR, First Aid & AED Training • Spring Walk-n-Lunch • Summer Fitness • Summer Massage	June • Spring Walk-n-Lunch • Summer Fitness • Summer Massage
July • Summer Fitness • Summer Massage	August	September • Fall Fitness • Fall Massage
October • Fall Fitness • Fall Massage • Wellness Committee Meeting	November	December



Mind~Body~Wellness

For more information, contact:
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WELLNESS AT WORK

Municipal Pooling Authority promotes a healthy workplace and continuously finds ways to enhance the health and well-being of its member city employees by implementing its workplace wellness program.

EMPLOYER/EMPLOYEE BENEFITS

- Improves retention rates
- Decreases absenteeism
- Reduces ergonomic related strains and stress
- Effectively reduces aches pains and stress levels
- Increases mental clarity and focus
- Increases productivity

Municipal Pooling Authority
P.O. Box 67
Walnut Creek, CA 94597
www.mpa-nc.com

WELLNESS PROGRAM SERVICES

HEALTH SCREENINGS

MPA's Annual Wellness Fairs include a Non Fasting Total Cholesterol/HDL/Glucose Screening, Blood Pressure Screening, Osteoporosis Screening, Fitness Testing, Body Composition Testing, Stretch Testing, Chair Massages, and contest prizes.

CPR, FIRST AID & AED TRAINING

MPA provides a CPR, First Aid and AED training class that allows participants to learn life-saving skills that could reduce the loss of life in emergencies. Participants are given CPR certified cards that are valid for two years.

WALK-N-LUNCH

The annual Walk-n-Lunch is open to all employees who want to join their co-workers on a selected date for a noon-time walk. After the walk, MPA provides lunch to all participants.

CHAIR MASSAGE

MPA provides two chair massage days per fiscal year. During the summer and fall, MPA hosts a three hour chair massage day event for employees to decrease chances of repetitive stress injury and promote relaxation, mental clarity, and circulation.

FITNESS/NUTRITION CLASSES

MPA provides member cities with two on-site fitness or nutrition days per fiscal year. During the summer and fall months, MPA hosts a one hour fitness or nutrition class for employees to learn about nutrition and exercise techniques that encourage Mind-Body-Wellness.

VIRTUAL CLASSES

MPA hosts virtual fitness and cooking classes weekly. Everyone is welcomed to participate at no cost. Friends and family are also invited to participate. Classes are recorded and can be viewed at a convenient time. Check out the recorded classes on MPA's website under the Wellness Program.

FITNESS

- Tuesday and Thursday 3:00-3:30pm
- Monday, Tuesday, Wednesday 5:30-6:30pm

COOKING

- Thursday 12:00-1:00pm

HEALTH SCREENINGS

CPR, FIRST AID & AED TRAINING

WALK-N-LUNCH

CHAIR MASSAGE

FITNESS/NUTRITION CLASSES

