



# CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!

## 100 DAYS OF WELLNESS

Vol. 1, Issue 100; <http://tiny.cc/CCHSWellness>

### CCHS Wellness: Celebrating Our Second Anniversary

We **thank** all of you for welcoming and amplifying the voice of wellness in our organization. Your consistent contributions (wellness photos, quotes, hobbies, practices) make our Wellness Program unique, innovative, and personalized with a strong sense of community ownership.

We are celebrating our second anniversary with the publication of the **Wellness Tips Issue #100 AND 100 Days of Wellness Playbook**. Below are our **Wellness Wins and Successes since March 13, 2020**, our roll-out date. Looking forward to more #JoyinWellness with all of you in the future! <https://cchealth.org/wellness/>



**100**  
Wellness Tips



**783**  
Public Wellness  
Website Views



**396**  
Wellness Influencers  
(CCRM/HC, BHS, PH, IT)



**1,332**  
Twenty Eight Online  
Recorded Wellness  
Videos Views

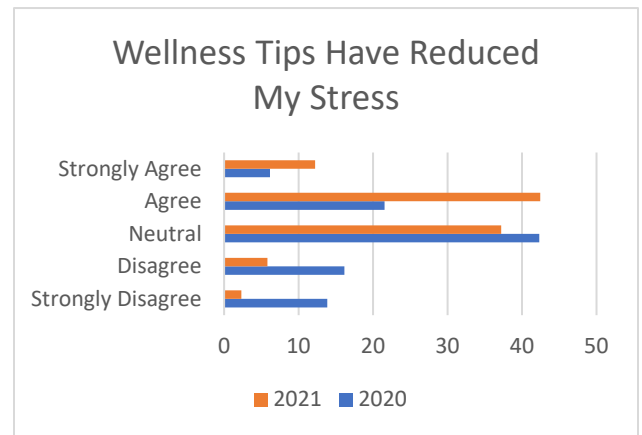
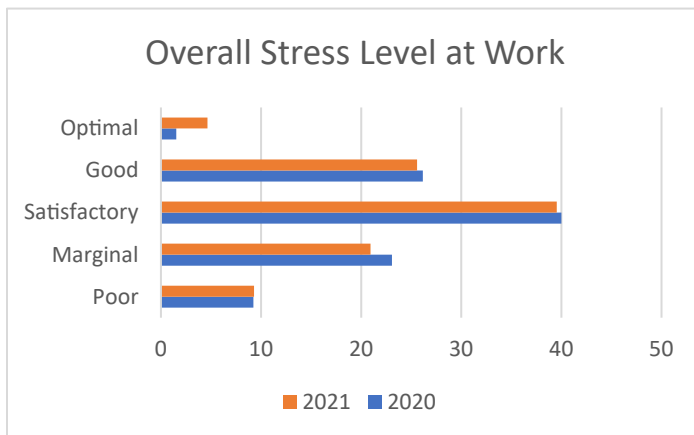


**300**  
Responses Wellness  
Tips 1 & 2



**44**  
Wellness Screensavers/  
iSITE Stories

### 2020/2021 Wellness Survey Results



**Thank you to Contra Costa Regional Health Foundation (CCRHF) and CCRM/HC Medical Staff and BHS Self-Care for helping us expand our wellness offerings.**

*CCHS Wellness Team Members: Dr. Samir Shah, Dr. Sonia Sutherland, Dr. Kristin Moeller, Dr. Brian M. Johnson, Priscilla Aguirre, Amanda Dold, Helena Martey, Kimberly Nasrul, Renee Nunez, Dr. Alan Siegel, Arlene Trimble.. Pls. post the iSite Story from March 1 - March 31, 2022.*