



## 2018 - Year End - Report

*For Our Healthy Living, For Our Community Growth.*

First of all, THANK YOU for your participation and support! We launched Carnes Crossroads Wellness Club on the May 1st, 2018. Yes, it's a "club". We came with good care, sweat and laughter.



# 6 SEASONS, 182 SESSIONS in 28 WEEKS

Since May 1st 2018, from the first day of CCWC, we have done 182 sessions in 140 CCWC calendar days!

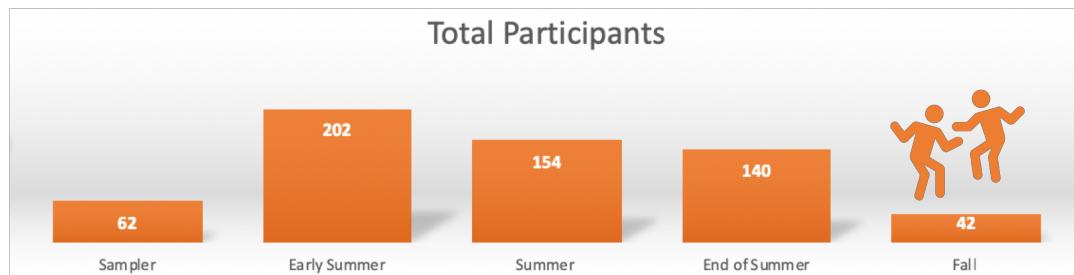


## 65 UNIQUE PARTICIPANTS

♂ 4 Male Participants ♀ 61 Female Participants  
🏡 24 Residents 💼 4 CCX workers 🚗 37 Non-residents



## 600 TOTAL PARTICIPANTS



63 TIMES

The person who participated the most in 28 weeks. Her cost per session was only \$1.59.



### Comments

- ☀️ "My days are more productive since I started getting up early and exercising."
- 👍 "The arthritis class helped reducing my back pain."
- 👕 "Eating healthier and exercising, I got 2 sizes down this Summer."
- 🏋️ "Away from kids, workout and meditation, this is my ME TIME. ☺"



### The Blake Season

Jan. 7th - Feb. 22nd

<http://ccwc.blog>