



RISE ACADEMY WELLNESS AGENDA MARCH 13, 2026

Arrival @ 8:00 AM

Those that are enrolled in the Medical Health Plan and participate in the CHC Wellbeing program, can earn 5 or 10 points by attending certain sessions.

SESSION #1 | 8:30-9:45 AM

SESSION	CHC POINTS	LOCATION
Euchre	0	Rm 203
Board Games	0	Rm 210
Puzzles	0	Rm 227
Outdoor Walk	10	Anywhere Outside
Art Therapy (Diamond Painting, Coloring)	5	Rm 103
Cornhole	0	Gym
Silent Reading	0	Rm 105A
RAMP Health- 6 Pillars of Wellness	10	3rd Floor Social Worker Rm

SESSION #2 | 10:00-11:15 AM

SESSION	CHC POINTS	LOCATION
Euchre	0	Rm 203
Board Games	0	Rm 210
Puzzles	0	Rm 227
Outdoor Walk	10	Anywhere Outside
Art Therapy (Diamond Painting, Coloring)	5	Rm 103
Cornhole	0	Gym
Silent Reading	0	Rm 105A

LUNCH: 11:15-12:15 PM

JCPenney Photoshoot in the hallway near the gym and kitchen.

SESSION #3 | 12:30-1:30 PM

SESSION	CHC POINTS	LOCATION
Meditation	10	Olean Meditation Center - 2275 Dugan Road Olean, NY
Hot Pilates	10	Preston Personal Training - 601 Front Street Olean, NY
Yoga	10	Enchanted Mountain Wellspring - 955 1/2 North Union Olean, NY
Outdoor Walk	10	Anywhere Outside
Euchre	0	Rm 203
Board Games	0	Rm 210
Puzzles	0	Rm 227
Work Out (1 or 2 hours)	10	YMCA - 1101 Wayne Street Olean, NY
Golf Simulator	10	Union Tee Golf - 301 North Union Olean, NY

SESSION #4 | 1:30-2:30 PM

SESSION	CHC POINTS	LOCATION
Outdoor Walk	10	Anywhere Outside
Euchre	0	Rm 203
Board Games	0	Rm 210
Puzzles	0	Rm 227
Work Out (1 or 2 hours)	10	YMCA
Union Tee Golf	10	Union Tee Golf
Silent Reading	0	Rm 105A

Alegany-Cattaraugus Schools
**HEALTHY
WORKS**
Employee Wellness Program