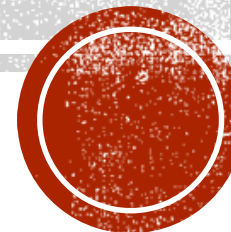


WORK PLACE RESILIENCE

An update from the Colorado Spirit Wellness program



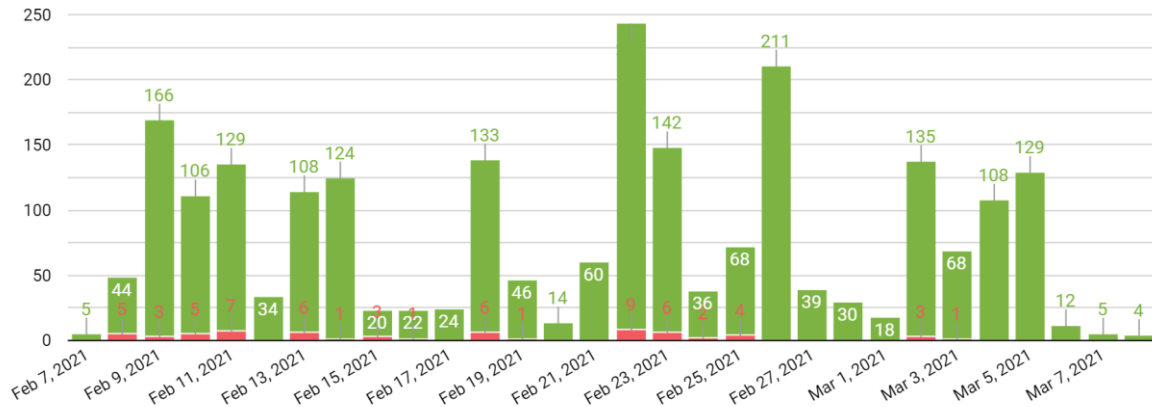
CO SPIRIT WELLNESS PROGRAM

An introduction from Amy Wanninger and Karen Verdier

- Completely anonymous, confidential support at no cost to you
- Help understanding your current situation and reactions
- Techniques to reduce stress and other reactions that are impacting your daily life
- Assistance in reviewing and accessing community resources to help in your recovery
- Guidance to help you develop and utilize healthy coping strategies
- Provide group facilitation to your workplace
- <https://www.lfsrm.org/wellness/>



PUBLIC HEALTH UPDATE



- Four positives in the last week
- Currently meeting zero criteria for Yellow on the Local Coronameter
- Keep up the good work. Use appropriate precautions
- Vaccinating 1B3
 - Have administered 8,940 total doses of vaccine
 - Over 3,900 people have been fully vaccinated
 - 82% of those Over 70+ have had at least one dose



ADDITIONAL UPDATES

- SBDC Webinar
 - Date: Thursday 3/11/21 @ 9am
 - Topic: Minority-Owned Business Focus
 - <https://register.gotowebinar.com/register/1650778791831568>
- US 50 Little Blue Creek Canyon project public meeting
 - Date: Tuesday, March 16, 2021
 - Time: 12:00 p.m. – 1:00 p.m. via Zoom
- Online virtual open house registration: www.us50info.com
- Masks still available for local businesses. Reach out to lahonen@gunnisoncounty.org to request
- Events subgroup meeting monthly (first Monday of every month @ 10:30am)
- We expect to have a 3/16 All Business Meeting

