**CSD Wellness Resources**

**WEB EDITION**

***Updated 10/24/2011***

**This is a living document. Please email suggestions to Wellness Coordinator- Connie Gavin** [**gavinc@csdvt.org**](mailto:gavinc@csdvt.org)***.***

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| --- | --- | --- | --- | --- |
| **Resource** | **School** | **Contact Person** | **Contact Info** | **Comments** |
| **MEDIA** |  |  |  |  |
| ProQuest | CHS | Mat Giles | [gilesm@csdvt.org](mailto:gilesm@csdvt.org) | Acct Name: Colchester  Password: Library |
| Psychology Today(magazine) | CHS | Mat Giles | [gilesm@csdvt.org](mailto:gilesm@csdvt.org) |  |
| Mountain Bike Action (magazine) | CHS | Mat Giles | [gilesm@csdvt.org](mailto:gilesm@csdvt.org) |  |
| Eating Well(magazine) | CMS | Angelika Mahoney | [mahoneya@csdvt.org](mailto:mahoneya@csdvt.org) |  |
| Current Health (magazine) | CMS | Angelika Mahoney | [mahoneya@csdvt.org](mailto:mahoneya@csdvt.org) |  |
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| **EQUIPMENT** |  |  |  |  |
| Long trail | MBS | Brian Hunt  MBS PE Dpt | [huntb@csdvt.org](mailto:huntb@csdvt.org) | Directions for use/map? |
| Snowshoes  (2 pair adult) | UMS | Rob Traquair- UMS PE Dpt | [Traquairr@csdvt.org](mailto:Traquairr@csdvt.org) |  |
| Snowshoes  40 pairs | MBS | Brian Hunt  MBS PE Dpt | [huntb@csdvt.org](mailto:huntb@csdvt.org) | Available after school and weekends |
| Show Shoes | CMS | Anita Dayvies or Joe Johnston  CMS PE Dpt | [dayviesa@csdvt.org](mailto:dayviesa@csdvt.org)  [johnstonj@csdvt.org](mailto:johnstonj@csdvt.org) | Available after school and weekends |
| Skis  (60 pairs classical and 16 skating skis) | MBS | Brian Hunt  MBS PE Dpt | [huntb@csdvt.org](mailto:huntb@csdvt.org) | Available after school and weekends |
| Skis  (classical and skating cross country skis) | CMS | Anita Dayvies or Joe Johnston  CMS PE Dpt | [dayviesa@csdvt.org](mailto:dayviesa@csdvt.org)  [johnstonj@csdvt.org](mailto:johnstonj@csdvt.org) | Available after school and weekends |
| Jump ropes | UMS | Rob Traquair  UMS PE Dpt | [Traquairr@csdvt.org](mailto:Traquairr@csdvt.org) | Available after school and weekends |
| Medicine balls | UMS | Rob Traquair  UMS PE Dpt | [Traquairr@csdvt.org](mailto:Traquairr@csdvt.org) | Available after school and weekends |
| Mats for stretching | UMS | Rob Traquair  UMS PE Dpt | [Traquairr@csdvt.org](mailto:Traquairr@csdvt.org) | Available after school and weekends |
| Mats for stretching 30 small (4x6) and larger (5x8) | MBS | Brian Hunt  MBS PE Dpt | [huntb@csdvt.org](mailto:huntb@csdvt.org) | Available after school and weekends |
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| **CSD STAFF**  **INSTRUCTORS** |  |  |  |  |
| Reiki | CHS | Rachel Hamilton | [hamiltonr@csdvt.org](mailto:hamiltonr@csdvt.org) |  |
| **AREA INSTRUCTORS** |  |  |  |  |
| Yoga and Reiki |  | Jess Barnum |  | Previous CSD employee |
| Yoga | Colchester Rec. Dpt | Carol Bennett |  |  |
| Yoga and Massage |  | Stephanie Davis |  | Steve Davis ‘wife |
| Reiki and Yoga |  |  |  |  |
| Pilates |  | Rehab Gym- Mary Grunveld |  |  |
| Self Defense | Colchester Police Dpt. | Officer Jamie Bressler | 802-264-5558  [jbressle@dps.state.vt.us](mailto:jbressle@dps.state.vt.us) |  |
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| **HEALTH/**  **MEDICAL**  **SERVICES** |  |  |  |  |
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| **WORKOUTS FOR YOUR WORKPLACE**  -these programs will come to you! | See contact info from sources above: | YMCA  -pilates  -zumba  -yoga  Studio 3:  -zumba  -Pilates  -strength training |  |  |