**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*****.***

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| --- | --- | --- | --- | --- |
| **Resource** | **School** | **Contact Person** | **Contact Info** | **Comments** |
| **MEDIA** |  |  |  |  |
| ProQuest | CHS | Mat Giles | gilesm@csdvt.org | Acct Name: ColchesterPassword: Library |
| Psychology Today(magazine) | CHS | Mat Giles | gilesm@csdvt.org |  |
| Mountain Bike Action (magazine) | CHS | Mat Giles | gilesm@csdvt.org |  |
| Eating Well(magazine) | CMS | Angelika Mahoney | mahoneya@csdvt.org  |  |
| Current Health (magazine) | CMS | Angelika Mahoney | mahoneya@csdvt.org  |  |
|  |  |  |  |  |
| **EQUIPMENT** |  |  |  |  |
| Long trail | MBS | Brian HuntMBS PE Dpt | huntb@csdvt.org | Directions for use/map? |
| Snowshoes (2 pair adult) | UMS | Rob Traquair- UMS PE Dpt | Traquairr@csdvt.org  |  |
| Snowshoes40 pairs  | MBS | Brian HuntMBS PE Dpt | huntb@csdvt.org | Available after school and weekends |
| Show Shoes | CMS | Anita Dayvies or Joe JohnstonCMS PE Dpt | dayviesa@csdvt.org johnstonj@csdvt.org  | Available after school and weekends |
| Skis(60 pairs classical and 16 skating skis) | MBS | Brian HuntMBS PE Dpt | huntb@csdvt.org | Available after school and weekends |
| Skis(classical and skating cross country skis) | CMS | Anita Dayvies or Joe JohnstonCMS PE Dpt | dayviesa@csdvt.org johnstonj@csdvt.org  | Available after school and weekends |
| Jump ropes | UMS | Rob TraquairUMS PE Dpt | Traquairr@csdvt.org | Available after school and weekends |
| Medicine balls | UMS | Rob TraquairUMS PE Dpt | Traquairr@csdvt.org | Available after school and weekends |
| Mats for stretching | UMS | Rob TraquairUMS PE Dpt | Traquairr@csdvt.org | Available after school and weekends |
| Mats for stretching 30 small (4x6) and larger (5x8) | MBS | Brian HuntMBS PE Dpt | huntb@csdvt.org | Available after school and weekends |
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| **CSD STAFF****INSTRUCTORS** |  |  |  |  |
| Reiki  | CHS | Rachel Hamilton | 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 | 802-264-5558jbressle@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-yogaStudio 3:-zumba-Pilates-strength training |  |  |