

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
VERDANT HEALTH COMMISSION

BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
January 28, 2015

Commissioners Present	Bob Knowles, President J. Bruce Williams, M.D., Commissioner Deana Knutsen, Commissioner Fred Langer, Commissioner Karianna Wilson, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Program Director Lisa King, Finance Director Beth Rodriguez, Interim Marketing Director Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Nancy Budd, 2-1-1 Community Advocate Annie Pankiewicz, WAHA Coordinator Members of the community
Guests	G. Douglas Ferguson, Anderson Hunter Law Firm
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:03 a.m. by President Knowles.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on November 19, 2014.
Executive Committee	President Knowles reported that the Executive Committee met on January 20, 2015 to review and approve the January 28, 2015 board meeting agenda. No other action was taken.
Officer Appointments & Committee Assignments	<i>Motion was made, seconded and passed unanimously to approve</i> Commissioner Langer as President of the Board for 2015. President Langer assumed his new role and began presiding over the business of the meeting. <i>Motion was made, seconded and passed unanimously to approve</i> Commissioner Knutsen as Secretary of the Board for 2015.

President Langer recognized outgoing President Knowles for his service to the board with a plaque. President Langer would like to continue the 2014 committee assignments for one more month and have the 2015 committee assignments made at the February board meeting.

2015 Board Meeting & Retreat Schedule

Motion was made, seconded and passed unanimously to approve the 2015 monthly board meeting schedule (E:03:15). Commissioners would like to keep the annual board retreat in the month of November and possibly attend the State of Reform Conference in January 2016 as well.

Board Finance Committee

The committee met on January 22, 2015. Ms. King reviewed the financial statements and cash activity for November & December 2014 (E:01:15).

Authorization for Payment of Vouchers & Payroll

Warrant Numbers 10915 through 10976 for November and December 2014 for payment in the amount of \$597,712.49 were presented for approval (E:02:15). *Motion was made, seconded and passed unanimously to approve.*

Resolution 2015:01 Surplus Property

Motion was made, seconded and passed unanimously to approve Resolution 2015:01 determining certain personal property to be surplus and no longer required for public hospital district purposes.

Program Oversight Committee Update

The Program Oversight Committee met on January 12, 2015 to review five program requests; four new funding requests and one follow-up on a previous request (E:05:15). There was also discussion on the Swedish Foundation request for a Center for Pregnancy, Newborns, and Women's Health.

No conflicts of interest were reported by any of the commissioners.

New Funding Applications:

Motion was made, seconded and passed unanimously to approve the Northwest Parkinson's Foundation Dance for Parkinson's Disease program in South Snohomish County in the amount of \$20,000 on a one-time basis.

Not recommended for funding:

Refugee & Immigrant Services Northwest Ethnic Healthy Options Cooking Class request of \$50,000 per year for three years for a health educator, consultation from a dietician, and three part-time bilingual staff members support.

Operation Military Family Staff for OMF Cares request for funds to support an Executive Director and Administrative Coordinator.

Town of Woodway Deer Creek Park to build a walking path at the Deer Creek Park and the first year of maintenance of the trail. The committee felt that this project should be considered through an open process with the Building Healthy Communities Fund.

American Cancer Society ACS Healthlinks to partner with the University of Washington Health Promotion Research Center to develop worksite wellness programs. Funds would be used to support a full-time ACS program manager.

Commissioner Williams expressed his desire to see some programming around ethnic healthy cooking classes. Commissioner Knowles stated that the program budget can be amended at any time and the board can approve partial funding of requests.

Follow-up on Center for Pregnancy, Newborns and Women's Health

The committee is recommending a follow-up board study session in February 2015 to discuss the \$1 million request from Swedish Edmonds.

Marketing Report

Ms. Rodriguez presented the Marketing report (E:06:15) which includes a report on the Ribbon Cutting ceremony on January 15, 2015, the Grand Opening Celebration on January 24, 2015 and the programming promotion for the Community Wellness Center.

Commissioner Comments

Commissioner Knowles asked that participation in programs held at the Verdant Community Wellness Center be tracked.

Superintendent's Report

Superintendent Zapora reported on two items:

1. We received approval for federal trademark protection for the name "Verdant" in four categories. This protection is good for 10 years and then must be renewed.
2. Verdant Foundation – Superintendent Zapora sought legal advice from the Anderson Hunter Law Firm in

Everett about the formation of a 501(c)(3) to support Verdant programming. Primary reasons for the formation of the Foundation are that certain entities can only provide funds to a Non Profit 501(c)(3) and this would be another way for Verdant to form funding and program partnerships. There would be annual filings with the IRS. Mr. Ferguson explained that this non-profit would be a separate legal entity with its own board made up of some commissioners for board representation and at least one outside person.

Commissioner Langer would like to proceed with caution. He delegated further review on this topic to the Program Committee to work with Mr. Ferguson, and a board study session at a later date.

Public
Comments

Mr. Al Rutledge attended the Grand Opening on January 24, 2015 and commented about no sign-in, limited access to upstairs without the elevator in service, the American Diabetes Association room had sugary food, the Community Wellness Center is supposed to have a library with books, but overall a good event.

Executive
Session

President Langer recessed the regular meeting at 9:05 a.m. into Executive Session to consider the legal risks of a proposed action of the district and to review the Superintendent's performance.

President Langer stated that the board would reconvene in 20 minutes and no action would be taken in Executive Session.

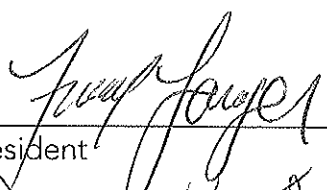
Open Session

The board reconvened into Open Session at 9:30 a.m.


Adjourn

There being no further business to discuss, the meeting was adjourned at 9:30 a.m.

ATTEST BY:



President



Secretary

E: 01:15
1.28.2015

Balance Sheet

As of December 31, 2014

	A	B	C	D
	Dec 31, 2013	Dec 31, 2014	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,579,704	2,845,085	265,381	
4 Other Current Assets	30,029,953	31,111,777	1,081,824	Includes Investments
5 Total Current Assets	32,609,657	33,956,862	1,347,205	
6 Total Long-term & Fixed Assets	45,756,307	47,351,756	1,595,449	Depreciation
7 TOTAL ASSETS	78,365,964	81,308,618	2,942,654	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,039,484	1,283,441	(756,042)	
11 Long-term Liabilities	5,689,038	4,857,008	(832,030)	2012 LTGO Bonds
12 Total Liabilities	7,728,521	6,140,449	(1,588,072)	
13 Total Equity	70,637,443	75,168,168	4,530,726	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	78,365,964	81,308,618	2,942,654	

Profit & Loss

2014

	A	B	C
	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME			
2 Ordinary Income	11,673,664	11,752,864	(79,200)
3 EXPENSES			
4 Operating Expenses	1,718,712	1,903,996	185,284
5 Depreciation Expense	3,366,681	3,384,448	17,767
6 Program Expenses	5,610,105	6,750,000	1,139,895
7 Total Expenses	10,695,498	12,038,444	1,342,946
8 OTHER INCOME/(EXPENSE)			
9 Total Other Income/(Expense)	3,552,560	2,656,101	896,459
10 NET INCOME	4,530,726	2,370,521	2,160,205

Monthly Highlights

December 2014

Verdant received net dividends payments of \$69,581 and a net unrealized loss of \$30,475 on our investment portfolio in November and December. Contributions of \$1,500,000 were added to the portfolio in November for an ending market value of \$31,388,504.

83.1% or \$5,610,105 of the 2014 annual budget of \$6,750,000 was spend on Programs in 2014.

Additional income of \$216,228 and expenses of \$79,616 from the Kruger Clinic were incurred, netting to an additional operating income of \$136,612 in November and December.

*Figures are preliminary and may change due to year end adjustments.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
10915	11/14/2014	Lynnwood Food Bank	500.00	Programs - Turkey Trot
10897	11/05/2014	Institute for Fitness and Health	88.37	6WHY - Joe Piscatella Travel time 10/28/14 reunion
10898	11/05/2014	MJ Takisaki, Inc.	214,381.75	Construction of VCWC
10899	11/05/2014	Ash Consulting	606.38	Oct 2014 Consulting
10900	11/05/2014	US Postal Service	12,867.02	Marketing - Canopy Mailing
10901	11/05/2014	Puget Sound Energy	67.25	Natural Gas
10902	11/05/2014	Beth Rodriguez, LLC	749.97	Professional Fees for Interim Marketing Director Oct 2014
10903	11/05/2014	Dataworks	3,972.48	IT Support
10904	11/05/2014	Healthcare Realty	5,630.51	Property Management KC
10905	11/05/2014	Lynnwood Convention Center	2,304.98	6WHY Reunion
10906	11/12/2014	Consolidated Landscape Maintenance, Inc.	255.12	Remove fallen tree
10907	11/12/2014	Falkin Associates, Inc.	5,375.00	Project Management Sept 2014
10908	11/12/2014	Fine Solutions	4,680.00	CRM implementation project
10909	11/12/2014	Jason Becker Creative	1,320.00	Marketing photos / Newsletter
10910	11/12/2014	Foster Pepper	2,224.00	June 2014 Legal
10911	11/12/2014	Refugee & Immigrant Services NW	30.00	SW attend LPA Brunch for Social Service Partners
10912	11/12/2014	Sound Publishing, Inc.	36.40	Legal Notice
10913	11/12/2014	Swedish	1,687.28	6WHY Biometrics
10914	11/12/2014	Lowe Graham Jones PLLC	49.50	Legal - Trademark
10916	11/19/2014	Ankrom Moisan	6,789.38	Architectural Services September 2014
10917	11/19/2014	Foster Pepper	7,437.00	Legal
10918	11/19/2014	Staples	35.57	Supplies
10919	11/19/2014	Transformational Partnerships, Inc.	2,525.00	2014 Retreat Facilitation
10920	11/19/2014	Lynnwood PFD	75.00	Nov 2014 Janitorial
10921	11/19/2014	Consolidated Press Printing Company, Inc	10,266.32	Marketing - Newsletter
10922	11/26/2014	Falkin Associates, Inc.	6,582.50	Project Management Oct 2014
10923	11/26/2014	Premiera Blue Cross	3,782.54	Employee Medical and Dental Insurance
10924	11/26/2014	Protocol Foundation	11,250.00	Programs - Holly House Dental Program for Children
10925	11/26/2014	Sound Publishing, Inc.	42.00	Legal Notice
10926	11/26/2014	APHA	853.00	2015 Dues
10927	11/26/2014	Puget Sound Energy	825.00	VCWC - Gas Line Install
10928	11/26/2014	Snohomish County PUD	568.94	Electricity
10929	11/26/2014	Foster Pepper	5,421.50	August 2014 Legal
10930	11/26/2014	Principal Financial Group	904.69	EE Life Insurance
10931	11/26/2014	Wells Fargo	396.93	Misc
10932	11/26/2014	Fine Solutions	5,655.00	Marketing - CRM Implementation
10933	11/26/2014	Lynnwood PFD	3,045.00	Rent 2014
10934	12/03/2014	Wells Fargo	552.87	Misc
10935	12/03/2014	Benefit Solutions Inc	23.00	FSA Administration
10936	12/03/2014	Consolidated Landscape Maintenance, Inc.	128.12	Dec 2014 Landscaping maintenance

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity Continued:				
10937	12/3/2014	Foster Pepper	3,515.50	Legal
10938	12/3/2014	Moss Adams - Cost Report	1,063.00	2010 Medicare Support for Stevens Hospital
10939	12/3/2014	Comcast	359.01	Internet
10940	12/3/2014	Beth Rodriguez, LLC	2,130.44	Marketing Consulting - Nov 2014
10941	12/3/2014	Dataworks	309.85	IT Support
10942	12/3/2014	Puget Sound Energy	36.37	Natural Gas
10943	12/3/2014	Ash Consulting	303.19	Nov 2014 Accounting Consulting
10946	12/10/2014	Awards Service Inc	49.28	Name tags
10947	12/10/2014	Electronic Business Machines	998.71	Copy machine
10948	12/10/2014	Healthcare Realty	2,927.78	Property Management
10949	12/10/2014	MI Takisaki, Inc.	193,520.42	Construction of VCWC November
10950	12/10/2014	Fine Solutions	2,291.25	CRM Implementation project
10944	12/9/2014	Wells Fargo	2,000.00	Misc
10945	12/9/2014	EPromos	-	VOID:
10951	12/10/2014	Lynnwood PFD	181.88	Janitorial Supplies
10952	12/10/2014	Eberle Vivian	3,889.88	Self Insured Work Comp Administration
10953	12/10/2014	Lile International Companies	4,419.00	Storage
10954	12/10/2014	EPromos	1,867.50	Marketing - Tote Bags & Stress Balls
10955	12/17/2014	Dataworks	450.29	IT Support
10956	12/17/2014	JLO Magic	600.00	VCWC - Balloons and Face painting for Grand Opening
10957	12/17/2014	The Lynnwood Chamber	250.00	Annual Dues 2015
10958	12/17/2014	Ankrom Moisan	7,986.67	VCWC Architecture
10959	12/17/2014	Spin Creative	4,165.00	Marketing - Health Video Project
10960	12/17/2014	The StayWell Company, LLC	3,000.00	Content for Website
10961	12/17/2014	SCCFOA	25.00	2015 Annual Membership Dues LK
10962	12/17/2014	Staples	237.86	Supplies
10963	12/30/2014	Berry Sign Systems	3,218.75	VCWC - Sign
10964	12/30/2014	Evergreen Print Solutions	1,529.47	Letterhead, Business Cards, Envelopes
10965	12/30/2014	Dataworks	357.50	IT Support
10966	12/30/2014	Foster Pepper	7,335.00	Nov 2014 Legal
10967	12/30/2014	Premiera Blue Cross	3,782.54	January 2015 Employee Medical and Dental Insurance
10968	12/30/2014	Principal Financial Group	904.69	EE Life Insurance
10970	12/30/2014	Ankrom Moisan	7,299.60	Architectural Services November 2014
10971	12/30/2014	Puget Sound Energy	48.77	Natural Gas
10972	12/31/2014	Beth Rodriguez, LLC	5,855.53	Interim Marketing Director December
10973	12/31/2014	Wells Fargo	2,183.65	Misc
10974	12/31/2014	Wells Fargo	142.24	Misc
10975	12/31/2014	Thomas & Associates	3,575.00	Sept Retainer and 3 hours for Swedish Executive Meeting Oct/Nov
10976	12/31/2014	Aukema & Associates	916.50	Nov 2014 Website
Total Warrants			597,712.49	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	11/14/2014	Payroll	17,584.25	ACH payroll transfer
	11/14/2014	Paychex	86.84	Fee for payroll processing
	11/14/2014	Department of Treasury	6,119.17	Payroll taxes for 11/8/14 pay period ending
	11/14/2014	Valic	2,637.80	Payroll 401(a)/457 Deposit
	11/28/2014	Payroll	17,462.91	ACH payroll transfer
	11/28/2014	Paychex	86.84	Fee for payroll processing
	11/28/2014	Department of Treasury	5,932.47	Payroll taxes for 11/22/14 pay period ending
	11/28/2014	Valic	2,566.56	Payroll 401(a)/457 Deposit
	12/12/2014	Payroll	16,477.52	ACH payroll transfer
	12/12/2014	Paychex	78.74	Fee for payroll processing
	12/12/2014	Department of Treasury	5,713.67	Payroll taxes for 12/6/14 pay period ending
	12/12/2014	Valic	2,592.56	Payroll 401(a)/457 Deposit
	12/26/2014	Payroll	15,484.44	ACH payroll transfer
	12/26/2014	Paychex	78.95	Fee for payroll processing
	12/26/2014	Department of Treasury	5,262.41	Payroll taxes for 12/20/14 pay period ending
	12/26/2014	Valic	2,430.69	Payroll 401(a)/457 Deposit
	11/10/2014	Wells Fargo	960.06	Bank Service Fee
	11/15/2014	Bank of America - Fees	19.84	Bank Service Fee
	12/15/2014	Bank of America - Fees	19.86	Bank Service Fee
	11/15/2014	American Diabetes Association	4,166.67	Program Payment
	11/15/2014	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
	11/15/2014	CampFire	4,166.67	Program Payment
	11/15/2014	Cascade Bicycle Club Education Foundation	4,750.00	Program Payment
	11/15/2014	Center for Human Services	13,523.67	Program Payment
	11/15/2014	ChildStrive	22,660.00	Program Payment
	11/15/2014	City of Lynnwood	15,477.25	Program Payment
	11/15/2014	Community Health Center of Snohomish Co	12,367.98	Program Payment
	11/15/2014	Domestic Violence Services Snohomish Co	1,621.08	Program Payment
	11/15/2014	Edmonds Community College	10,990.58	Program Payment
	11/15/2014	Edmonds Community College Foundation	4,396.33	Program Payment
	11/15/2014	Edmonds School District No. 15	66,892.84	Program Payment
	11/15/2014	Edmonds Senior Center	9,166.67	Program Payment
	11/15/2014	Kindering	7,500.00	Program Payment
	11/15/2014	Medical Teams International	4,000.00	Program Payment
	11/15/2014	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	11/15/2014	Program for Early Parent Support	3,333.33	Program Payment
	11/15/2014	Providence Hospice & Home Care Foundation	12,916.67	Program Payment
	11/15/2014	Puget Sound Christian Clinic	9,166.67	Program Payment
	11/15/2014	Seattle Visiting Nurse Association	13,950.00	Program Payment
	11/15/2014	Senior Services of Snohomish County	57,936.67	Program Payment
	11/15/2014	Smithwright Services	5,416.67	Program Payment
	11/15/2014	Snohomish County Fire District 1	12,035.50	Program Payment
	11/15/2014	Wonderland Development Center	11,250.00	Program Payment
	11/15/2014	YWCA of Seattle, King and Snohomish Co	4,166.66	Program Payment
	11/15/2014	Washington CAN! Education & Research Fund	15,714.29	Program Payment
	12/2/2014	Edmonds School District No. 15	625,000.00	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	12/3/2014	Seattle Visiting Nurse Association	2,900.00	Program Payment
	12/15/2014	American Diabetes Association	4,166.67	Program Payment
	12/15/2014	CampFire	4,166.67	Program Payment
	12/15/2014	Cascade Bicycle Club Education Foundation	4,750.00	Program Payment
	12/15/2014	Center for Human Services	13,523.67	Program Payment
	12/15/2014	ChildStrive	22,660.00	Program Payment
	12/15/2014	City of Lynnwood	485,477.25	Program Payment
	12/15/2014	Domestic Violence Services Snohomish Co	1,621.08	Program Payment
	12/15/2014	Edmonds Community College	10,990.58	Program Payment
	12/15/2014	Edmonds Community College Foundation	4,396.33	Program Payment
	12/15/2014	Edmonds School District No. 15	72,872.84	Program Payment
	12/15/2014	Edmonds Senior Center	9,166.67	Program Payment
	12/15/2014	Kindering	7,500.00	Program Payment
	12/15/2014	Medical Teams International	184,000.00	Program Payment
	12/15/2014	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	12/15/2014	Program for Early Parent Support	3,333.33	Program Payment
	12/15/2014	Providence Hospice & Home Care Foundation	12,916.67	Program Payment
	12/15/2014	Puget Sound Christian Clinic	9,166.67	Program Payment
	12/15/2014	Senior Services of Snohomish County	46,686.67	Program Payment
	12/15/2014	Smithwright Services	5,416.67	Program Payment
	12/15/2014	Snohomish County Fire District 1	12,035.50	Program Payment
	12/15/2014	Wonderland Development Center	11,250.00	Program Payment
	12/15/2014	YWCA of Seattle, King and Snohomish Co	4,166.66	Program Payment
	12/15/2014	Puget Sound Kidney Centers Foundation	5,833.33	Program Payment
	12/15/2014	Snohomish County Music Project	2,416.67	Program Payment
	12/15/2014	Within Reach	16,500.00	Program Payment
	12/15/2014	Washington CAN! Education & Research Fund	15,714.29	Program Payment
	12/15/2014	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
	12/15/2014	Seattle Visiting Nurse Association	1,475.00	Program Payment
	12/15/2014	Volunteers of America Western WA	6,362.92	Program Payment
	12/15/2014	Community Health Center of Snohomish Co	2,083.33	Program Payment
	11/4/2014	Benefit Solutions Inc.	76.92	FSA Payments
	11/18/2014	Benefit Solutions Inc.	76.92	FSA Payments
	12/2/2014	Benefit Solutions Inc.	96.33	FSA Payments
	12/3/2014	Benefit Solutions Inc.	604.92	FSA Payments
	12/10/2014	Benefit Solutions Inc.	10.00	FSA Payments
	12/16/2014	Benefit Solutions Inc.	298.25	FSA Payments
	12/30/2014	Benefit Solutions Inc.	176.92	FSA Payments
	11/26/2014	Bank of New York Mellon	829,850.00	Annual LTGO Bond Payment
	11/25/2014	WA Department of Revenue	760.28	B&O tax
	12/30/2014	WA Department of Revenue	795.77	B&O tax
		Total Wires/ACH Transactions	2,904,457.56	

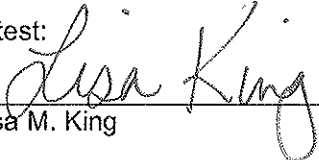
Warrant Number	Transaction Date	Payee	Amount	Purpose
Kruger Clinic Activity:				
173-210	Nov-Dec 2014	Various Claimants/Vendors	80,566.66	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305184-196	Nov-Dec 2014	Various Claimants/Vendors	86,372.74	Administered by Eberle Vivian
Total Disbursements			\$ 3,669,109.45	

Transaction Date	Payer	Amount	Purpose
Deposits:			
11/1/2014	Swedish/Edmonds	768,178.56	Monthly lease
11/1/2014	Bruce Williams	175.00	Reimbursement for S/E Gala Guest Ticket
11/1/2014	Puget Sound Gastro	28,352.11	Kruger Clinic monthly lease
11/1/2014	Brian Tagaki, MD	75.00	Kruger Clinic monthly storage lease
11/1/2014	John Headley MD PS	18,696.06	Kruger Clinic monthly lease
11/1/2014	Raymond Liu, D.D.S.	3,354.14	Kruger Clinic monthly lease
11/3/2014	Value Village	24,428.45	Monthly lease
11/10/2014	Snohomish County	818,528.62	Levy
11/14/2014	PFD - Copies	65.25	Copies
11/18/2014	Wells Fargo	6,223.98	Refund for overcharged Bank Fees
11/18/2014	George P Kosovich	175.00	Reimbursement for S/E Gala Guest Ticket
11/24/2014	Puget Sound Gastro	54.69	Kruger Clinic monthly lease
11/24/2014	Swedish/Edmonds	596.78	Monthly lease
11/26/2014	Swedish Edmonds Children's Clinic	305.58	Monthly lease
11/26/2014	Swedish - Misc Receivables	84,547.00	Medicare Settlement
11/30/2014	5781 - Investment Income - Op	6.59	Interest Income
12/1/2014	Swedish/Edmonds	734,027.23	Monthly lease
12/1/2014	Value Village	24,428.45	Monthly lease
12/2/2014	Healthcare Realty Services, Inc.	4,166.67	Monthly ground lease
12/1/2014	Puget Sound Gastro	28,352.11	Monthly lease
12/1/2014	John Headley MD PS	18,696.06	Kruger Clinic monthly lease
12/1/2014	Raymond Liu, D.D.S.	3,354.14	Kruger Clinic monthly lease
11/25/2014	Healthcare Realty Services, Inc.	4,166.67	Monthly ground lease
11/26/2014	Lisa King	175.00	Reimbursement for S/E Gala Guest Ticket
12/1/2014	Brian Tagaki, MD	75.00	Kruger Clinic monthly storage lease
12/8/2014	George Kosovich	13.36	Reimbursement for Jury Duty
12/10/2014	Snohomish County	110,837.62	Levy
12/17/2014	Fred P Langer	175.00	Reimbursement for S/E Gala Guest Ticket
12/19/2014	Foster Pepper	2,224.00	Refund in error
12/30/2014	Department of Labor and Industries	3,348.83	Refund for Self Insurance Fund
12/31/2014	Healthcare Realty Services, Inc.	4,166.67	January Monthly Lease
12/31/2014	Swedish/Edmonds	734,028.23	January Monthly Lease
Total Deposits			\$ 3,425,997.85


VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT #2
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

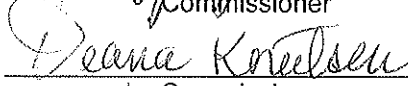
We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 10915 through 10976 have been issued for payment in the amount of \$597,712.49. These warrants are hereby approved.

Attest:



Lisa M. King




Commissioner



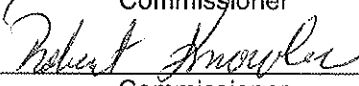
Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	11-1-14 – 12-31-14		\$597,712.49
Work Comp Claims Pd:	11-1-14 – 12-31-14		86,372.74
Kruger Clinic Processed:	11-1-14 – 12-31-14		80,566.66
Payroll:	10-26-14 – 11-08-14	17,584.25	
	11-09-14 – 11-22-14	17,462.91	
	11-23-14 – 12-06-14	16,477.52	
	12-07-14 – 12-20-14	<u>15,484.44</u>	67,009.12
Electronic Payments:	Payroll Taxes	23,027.72	
	Paychex	331.37	
	Valic Retirement	10,227.61	
	Benefit Solutions	1,340.26	
	Bank Fees	999.76	
	WA State Dept Revenue	1,556.05	
	LTGO Bond Payment	829,850.00	
Program Expenditures	<u>1,970,115.67</u>		<u>2,837,448.44</u>
Grand Total			<u>\$3,669,109.45</u>

PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2015-01

A RESOLUTION of the Commission of Public Hospital District No. 2, Snohomish County, Washington, determining certain personal property to be surplus and no longer required for public hospital district purposes of the District and authorizing the Superintendent or his designee to sell all or any part of such property on a negotiated basis upon the most favorable terms and conditions obtainable or to otherwise dispose of such property, and ratifying prior actions.

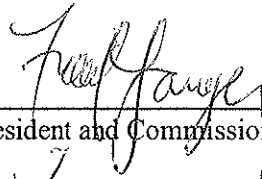
WHEREAS, certain personal property of the District is no longer required for District purposes and the Commission wishes to dispose of such property in a lawful manner as promptly as reasonably possible; NOW, THEREFORE,

BE IT RESOLVED BY THE COMMISSION OF PUBLIC HOSPITAL DISTRICT NO 2, SNOHOMISH COUNTY, WASHINGTON, as follows:

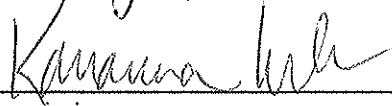
Section 1. It is hereby found, determined and declared that all of the personal property identified on Exhibit A hereto is no longer required for public hospital district purposes and such property therefore is surplus. It is further found and declared to be in the best interest of the District that such property (the "Surplus Property") be disposed of promptly as hereinafter provided.

Section 2. The Superintendent or his designee is hereby authorized and directed to sell on a negotiated basis upon the most favorable terms and conditions obtainable all or any part of the Surplus Property as soon as reasonably possible. Any Surplus Property not thus sold shall be disposed of and removed from the premises of Swedish Edmonds Hospital at the direction of the Superintendent or his designee at the least possible cost to the District.

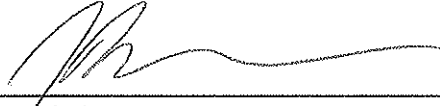
ADOPTED AND APPROVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, this 28th day of January, 2015, the following commissioners being present and voting in favor of the resolution.



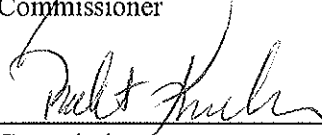
President and Commissioner



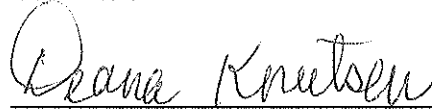
Commissioner



Commissioner



Commissioner



Secretary and Commissioner

CERTIFICATE

I, _____, Secretary to the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2015-01 is a true and correct copy of the original resolution adopted on January 28th, 2015, as that resolution appears on the Minute Book of the District.

DATED this 28th day of January, 2015.

A handwritten signature in cursive script that reads "Deana Knutson". The signature is written in black ink and is positioned above a horizontal line.

Secretary to the Board of Commissioners

12-2014 Surplus

CLASS	NUM	DEPT	DESCRIP	QTY	ACQDT	LIFE	COST	NBV 2014	Disposal Date
04	0001128	6072	2 CHILLED WATER COOLING CO	01	2/17/1971	20.0	825.00	-	12/31/2014
04	0001060	6072	FIRE EXTINGUISHER	01	4/15/1972	20.0	317.00	-	12/31/2014
04	0001041	6072	FOLDING PARTITION & TRACK	01	7/28/1972	20.0	399.00	-	12/31/2014
04	0001227	8611	BRONZE PLAQUE LOBBY	01	1/22/1974	20.0	890.00	-	12/31/2014
04	0001228	8611	HOLLOW METAL DOOR DOC	01	3/15/1974	20.0	432.00	-	12/31/2014
04	0005327	1240	BACKFLOW VALVES & INSTAL MO	01	4/22/1974	20.0	877.00	-	12/31/2014
04	0001031	6072	AIR GRILL	01	2/13/1975	15.0	678.00	-	12/31/2014
04	0001183	8320	REFRIG AFTER COOLER	01	3/3/1975	20.0	403.00	-	12/31/2014
04	0001055	6140	SAFETY GLASS	01	3/30/1975	15.0	431.00	-	12/31/2014
04	0001217	8560	CARPET & LABOR	01	6/23/1975	5.0	327.00	-	12/31/2014
04	0004837	8611	REPAINT SIGNS/FLRS1,2,3,&	01	4/23/1976	5.0	467.00	-	12/31/2014
04	0005233	8320	KITCHEN EXHAUST ALTERATION	01	6/30/1977	20.0	509.00	-	12/31/2014
04	0006283	7140	UPDATE FIRE SPRINKLER SYST	01	3/31/1978	25.0	453.22	-	12/31/2014
04	0006313	1240	TILE & GROUT	01	5/2/1978	20.0	918.03	-	12/31/2014
04	0006384	1240	INSUL MAT APPLIED TO PIPES	01	8/23/1978	15.0	405.79	-	12/31/2014
04	0008868	1240	(6)RUSKIN MP2208 MOTOR PTR	01	3/4/1980	8.0	489.65	-	12/31/2014
04	0009070	7230	CUBICLE CURTAIN TRACK	01	3/1/1981	20.0	230.61	-	12/31/2014
04	0009164	7230	VINYL FLOORING MATERIAL	01	9/25/1981	10.0	364.68	-	12/31/2014
04	0009171	1240	STEEL FRAMED DOORS 8 EA 6T	01	11/4/1981	15.0	952.82	-	12/31/2014
04	0820208	7020	STAINLESS 16 GAUGE SINK	01	1/26/1982	20.0	643.73	-	12/31/2014
04	0900385	1240	SUSPENDED CEILING-XRAY STO	01	1/1/1991	12.0	345.92	-	12/31/2014
04	0910238	7190	DIRECT TRUNK CARD 4 CHANNE	01	6/1/1991	10.0	977.57	-	12/31/2014
04	0910501	7190	CUBICLE CURTAINS	02	6/1/1991	5.0	305.12	-	12/31/2014
04	0910613	6014	MINI-BLINDS-DOOR & PT ROOM	07	11/4/1991	5.0	826.64	-	12/31/2014
04	0004831	1240	VINYL FLOOR 2ND & 3RD RSTR	01	5/5/1976	10.0	1,611.00	-	12/31/2014
04	0001040	6072	NOURISHMENT & ICE STATIONS	01	1/17/1964	20.0	6,628.00	-	12/31/2014
04	0900381	8611	HOSPITAL SIGN	01	1/22/1991	12.0	26,023.83	-	12/31/2014
04	0860340	8320	STERO DISHWASHING MACHINE	01	2/9/1987	10.0	48,170.88	-	12/31/2014
03	2035008	7070	LAB AUTOMATION	01	9/1/2003	20.0	38,150.43	16,690.83	12/31/2014
05	2035036	7114	NEUROFAX DIGITAL EEG TOWER	01	12/1/2003	10.0	23,187.36	(0.04)	12/31/2014
05	4506502	7144	TITAN ULTRASOUND SYSTEM	01	1/1/2005	7.0	21,985.61	-	12/31/2014
06	8904301	7025	PEDI-COLONOSCOPE	01	5/1/2008	3.0	25,561.01	-	12/31/2014
05	9100101	7071	ADVIA WORKCELL	01	2/1/2009	2.0	70,631.79	-	12/31/2014
05	9110605	8431	INFUSION PUMP	01	9/1/2009	10.0	1,163.38	542.90	12/31/2014
05	1001319	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001327	8540	HP TOWER ELITE 8000	01	6/1/2010	3.0	1,424.18	0.00	12/31/2014
05	1001329	8540	HP TOWER ELITE 8000	01	6/1/2010	3.0	1,424.18	0.00	12/31/2014
05	9102923	8540	HP DC7900 E7400 TOWER	01	9/1/2009	3.0	2,012.40	-	12/31/2014
05	9102924	8540	HP DC7900 E7400 TOWER	01	9/1/2009	3.0	2,012.40	-	12/31/2014
05	9102928	8540	HP DC7900 E5200 TOWER	01	9/1/2009	3.0	2,012.40	-	12/31/2014
05	9102936	8540	HP DC7900 E5200 TOWER	01	9/1/2009	3.0	2,012.40	-	12/31/2014
05	9102937	8540	HP DC7900 E5200 TOWER	01	9/1/2009	3.0	2,012.40	-	12/31/2014
05	1001301	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001303	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001307	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001308	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001310	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001314	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	1001316	8540	HP TOWER DC7900 E8400	01	4/1/2010	3.0	678.90	(0.00)	12/31/2014
05	8911201	7112	ULTRASOUND ACUSON SEQUOIA	01	2/1/2009	5.0	21,856.24	-	10/24/2014
Total							316,779.87	17,233.66	



2015 Monthly Board Meetings

4th Wednesday of the month, 8 AM
Verdant Health & Wellness Center
unless noted *

January 28

February 25

March 25

April 22

May 27

June 24

July 22

August 26

September 23

October 28

November 18 * (3rd Wednesday)

No December meeting

2015/2016 Retreats

Tentative - Mini Retreat in June 2015

Tentative - November 6 to 7, 2015 or
January 2016 with the
State of Reform
Conference

Officer Appointments & Committee Assignments Worksheet

2014

2015

President – Bob Knowles

Secretary – Bruce Williams

Executive Committee

Bob Knowles (Chair)

Bruce Williams

Finance Committee

Deana Knutsen (Chair)

Fred Langer

Program Committee

Karianna Wilson (Chair)

Fred Langer

Strategic Collaboration Committee

Bob Knowles (Chair)

Deana Knutsen

Medical Advisory Committee

January 2015 Program Committee Summary

Program Summary

- Five application requests up for discussion:
 - Four new funding requests
 - Follow-up on previous funding request from American Cancer Society
- Discussion about Swedish Edmonds request for a Center for Pregnancy, Newborns and Women's Health

Applications Recommended for Funding

- **Northwest Parkinson's Foundation - Dance for Parkinson's Disease:** a funding request to implement a "Dance for Parkinson's Disease" program in South Snohomish County. The program would expect to reach 150 South County residents per year, and the goal is to help Parkinson's patients to benefit from regular exercise and connect them to a community of their peers.

The committee is recommending funding the program at \$20,000 on a one-time basis. The Parkinson's Foundation had requested three years of funding. The program committee was interested in helping get the program started, but was not ready to commit to multiple years of funding.

Not Recommended for Funding

- **Refugee & Immigrant Services Northwest - Ethnic Healthy Options Cooking Class:** a request to support Healthy Options Cooking Classes for immigrants and refugees. Three ethnic/cultural groups would be targeted annually and each group would participate in a customized 6-week session tailored to their language and cultural backgrounds (18 total classes per year). Verdant funds would be used to support a health educator, consultation from a dietician and 3 part time bilingual staff members from Refugee & Immigrant Services NW. The request was for \$50,000 per year for three years, and the program would be expected to serve 50 participants per year.

The program committee is not recommending the program for funding at this time. Although it would serve groups not otherwise reached through Verdant programs, the committee had serious reservations about the per-person cost of the program.

- **Operation Military Family - Staff for OMF Cares:** A funding request focused on Veteran's services. Verdant funds would be used to support an Executive Director and Administrative Coordinator. Staff would oversee several programs focused on engaging/empowering community members, developing mentoring initiatives with local colleges, supporting the transition of service members, and expanding mobile applications for military members/families to connect to critical services

The program committee is not recommending the program for funding at this time. The committee felt the request was not focused enough on health and wellness services and that providing funding for start-up staff did not fit with Verdant's funding priorities.

- **Town of Woodway - Deer Creek Park:** a \$127,600 request to build a walking path at the newly acquired Deer Creek Park in Woodway. Verdant funds would be used to pay for the design, materials, and labor needed to build the trail and for the first year of maintenance of the trail.

The program committee is recommending tabling the request at this time. The project fits most appropriately with Verdant's Building Healthy Communities Fund, and the program committee felt that these types of projects should be considered through an open process like Verdant completed in 2014. The table on the next page includes a summary of funding committed to date through the Building Healthy Communities Fund.

- **American Cancer Society - ACS HealthLinks:** follow-up on a previously submitted proposal. A request from the American Cancer Society (ACS) in partnership with the University of Washington Health Promotion Research Center to develop worksite wellness programs for small employers in Verdant's district. The program would offer a menu of wellness programs such as education, screenings, and smoking cessation. Funds would be used to support a full-time ACS program manager and for 0.55 FTE for evaluation and data support at the UW Health Promotion Center. The program would expect to recruit and work with 40 worksites with an average size of 20-250 employees.

Verdant asked ACS to see if they could identify other funding sources for part of the \$162,044 annual request. After several months of discussion they are submitting the proposal without having identified any other funding sources.

The program committee is not recommending funding the request at this time.

Follow-Up on Center for Pregnancy, Newborns and Women's Health

The program committee is recommending a follow-up board study session in early February to discuss the \$1 million request from Swedish Edmonds. The committee members are interested in having Swedish provide more information on the business plan and financials of the project. The committee members also wanted to give the board members an opportunity to provide questions that Swedish should address in the presentation.

Building Healthy Communities Fund Activity				
	2014	2015	2016	2017
City of MLT Therapy Pool	\$75,000			
City of Brier Walking Program	\$90,345			
City of Edmonds Fitness Center	\$39,513			
Edmonds School District: Former Woodway HS	\$625,000	\$625,000	\$625,000	\$625,000
Cities of Edmonds, Lynnwood, MLT BikeLink	\$470,000	\$706,000	\$724,000	
Total	\$1,299,858	\$1,331,000	\$1,349,000	\$625,000

Verdant Program Financial Forecasting

1 **Scenario 1: 100% renewal**

2015	
3 Existing Grant Commitments	\$3,756,527
4 Mental Health RFP	\$500,000
5 New Grants (plug)	\$396,952
6 Expected Renewals (100%)	\$462,071
7 One-time events	\$75,000
8 Building Healthy Communities Fund	\$1,331,000
9 Community Programs Internal	\$290,000
10 Superintendent Discretionary	\$288,450
11 Total	\$7,100,000

Note: includes \$50k/year for swim lessons, and \$150k start up for PSCC Lynnwood Dental clinic, w/ongoing payments beginning in Sept.

13 **Scenario B: 80% renewal**

2015	
15 Existing Grant Commitments	\$3,756,527
16 Mental Health RFP	\$500,000
17 New Grants (plug)	\$489,366
18 Expected Renewals (80%)	\$369,657
19 One-time events	\$75,000
20 Building Healthy Communities Fund	\$1,331,000
21 Community Programs Internal	\$290,000
22 Superintendent Discretionary	\$288,450
23 Total	\$7,100,000

24 **Programs up for Renewal in 2015**

25 Organization Name	Program Name	Funding Ends	2015 \$ amount at current funding level
26 Project Access Northwest	Project Access Northwest	Nov-14	\$80,000
27 Domestic Violence Services of Snohomish County	Teen Dating Violence Prevention	Jul-15	\$9,726
28 Providence Hospice & Home Care Foundation	Hospice Outreach and Education	Jun-15	\$90,417
29 YWCA of Seattle, King, and Snohomish County	Children's Domestic Violence Program	May-15	\$16,667
30 Medical Teams International	Mobile Dental Program	Jul-15	\$20,000
31 YWCA of Seattle, King, and Snohomish County	Mental Health Counseling Program	Nov-15	\$4,167
32 Senior Services of Snohomish County	Care Coordination	Nov-14	\$135,000
33 Community Health Center of Snohomish County	Dental Program	Jul-15	\$41,667
34 Within Reach	Insurance Enrollment	Jun-15	\$33,000
35 Washington CAN	Insurance Outreach	Nov-15	\$31,428
36	Total		\$462,071

Verdant Health Commission Proposal Summary January 2015

A		B			C			D			E			F			G			H			I					
Funding Requests					Request for funding			Year 1			Year 2			Year 3			Education & Empowerment			Prevention			Access to Healthcare			Policy & Advocacy		
#	Name				Year 1	Year 2	Year 3																					
1	Northwest Parkinson's Foundation - Dance for PD	A funding request to implement a "Dance for Parkinson's Disease" program in Snohomish County. The program would expect to reach 150 South County residents per year, and the goal is to help Parkinson's patients to benefit from regular exercise and connect them to a community of their peers.			\$20,000	\$20,000	\$20,000																					
2	Refugee & Immigrant Services Northwest - Ethnic Healthy Options Cooking Class	Healthy Options Cooking classes focused on immigrants and refugees. Three ethnic/cultural groups will be targeted annually and each group would participate in a customized 6 week session tailored to their language and cultural backgrounds (18 total classes per year). Verdant funds would be used to support a health educator, consultation from a dietician and 3 part time bilingual staff members from Refugee & Immigrant Services NW.			\$50,000	\$50,000	\$50,000																					
3	Town of Woodway - Deer Creek Park	A request to build a walking path at the newly acquired Deer Creek Park in Woodway. Verdant funds would be used to pay for the design, materials, and labor needed to build the trail and for the first year of maintenance of the trail.			\$127,600																							
4	Operation Military Family - Staff for OMF Cares	A funding request focused on Veteran's services. Verdant funds would be used to hire an Executive Director and Administrative Coordinator. Staff will oversee the following programs: After the Hug Campaign (raising awareness, program implementation & funding pathways); Ready to Serve Initiative (engaging/empowering community members to be part of the solution); Mentoring initiatives with local colleges; Expand Operation Career Boost (workshop for transitioning service members); Expand VAPP (mobile app for military members/families) to quickly connect to critical services; Strengthen and expand partnerships to meet well-being needs of service members, Veterans, and their families; Create/Manage an Advisory Council, maintain high impact efforts & prevention programs, align resources, and solutions to meet critical needs.			\$128,000																							
5	American Cancer Society - ACS HealthLinks	Follow-up on a previously submitted proposal: Verdant asked ACS look into other funding sources. After several rounds of discussion, they are submitting for review without having identified any other funding sources. A request from the American Cancer Society in partnership with the University of Washington Health Promotion Research Center to develop worksite wellness programs for small employers in Verdant's district. The program would offer a menu of wellness programs such as education, screenings, and smoking cessation. Funds would be used to support a full-time ACS program manager and for 0.55 FTE for evaluation and data support at the UW Health Promotion Center. The program would expect to recruit and work with 40 worksites with an average size of 20-250 employees.			\$162,044	\$162,044	\$162,044																					

January 2015 Marketing Report

Ribbon Cutting

The Verdant Community Wellness Center Ribbon Cutting was held on Jan. 15th.

- Over 70 people attended the ribbon cutting
- Representatives from every city in the District were present
- Articles were featured in Mountlake Terrace News, My Edmonds News and Lynnwood Today

Grand Opening Celebration

The Verdant Community Wellness Center Grand Opening was held on Jan. 24th

- Media Coverage
 - The Herald article ran in local news with a story & 4 photos
 - My Edmonds News interviewed Carl and had video footage of the event as well as an article
 - The Herald Business Journal & Edmonds Beacon also listed the event
- Over 300 people attended the Grand Opening Event
- Broad cross section of demographics were represented
- People were engaged, shown by:
 - Returned over 100 feedback surveys
 - Over 80 attended cooking demonstrations
 - 16 flu shots given- good for this late in the season
 - 23 people signed up for the Stop Diabetes Initiative

Verdant Community Wellness Center Programming Promotion

The Verdant Community Wellness Center Class Promotion Underway

- Flyers that have Feb/ March Classes are attached.
- Some of the class registrations doubled, 48 hours after the Grand Opening
 - Stress management class has 16 registered already, max of 30
 - Heart Health in Your Kitchen is full already

Verdant Community Wellness Center

Nutrition and Healthy Eating Classes

Heart Health in Your Kitchen

Feb. 10, 6–7:30 p.m.

Give your heart some TLC with heart-healthy cooking tips and recipes.

—CLASS FULL—

Getting to Goal Lifestyle Program

Feb. 18, 6:30 p.m.–8:30 p.m.

Identify nutrition and physical activity modifications to support your personal health goals and learn how to make sustainable lifestyle changes in a group or individual setting with a registered dietitian.

Lifestyle Change Check-Ins

Mar. 3, 6–7:30 p.m.

Ongoing support group to help participants stay on track with healthy changes to their diet and physical activity. March 3rd is the first meeting. Drop in the 1st and 3rd Tuesday each month at 6-7 p.m. to talk with a dietitian and exercise physiologist about making healthy lifestyle changes that last.

Bite into a Healthy Lifestyle

Mar. 31, 6–7:30 p.m.

Celebrate National Nutrition Month with tips for healthful shopping, cooking and eating.

Simple Cooking with Heart

Apr. 15, 6–7 p.m.

Cooking simple and delicious recipes at home can help you make small changes in your diet important to your heart health.

Eating on a Budget Series

Apr. 18–May 30, every other Saturday 10–11:30 a.m.

Stretch your dollars at the grocery store with foods that taste great and are healthy for you and your budget.



Registration is required. Class size is limited.
To register for these free nutrition and healthy eating classes, visit verdanthealth.org or call 425-582-8600.

Verdant Community Wellness Center

Health and Wellness Classes

Stress Management and Relaxation Training

Feb. 9, 6:30–8:30 p.m.

You can take control of your stress. Learn healthy and effective relaxation techniques to decrease stress and reduce the negative effects of chronic stress on your health.

Anxiety & Depression Recovery Class

Tuesdays, Feb. 10—Mar. 31, 6-8 p.m.

This 8 week series will explore how our bodies respond when we feel overwhelmed and will (re)discover, develop and practice new and existing ways to face our symptoms and build resiliency.

Building Family Strengths Parenting Class

Wednesdays, Feb. 11—Apr. 8, 5-7 p.m.

This 9 week class focuses on toddlers through adolescence and offers childcare. Parents learn about their children's development and attachment processes, how to communicate and discipline effectively.

What If My Teen Smokes Marijuana?

Feb. 23, 7 p.m.–8:30 p.m.

At this parent information night, learn about the new marijuana laws and ideas about how to talk to kids about marijuana and alcohol use, without using scare tactics and nagging.

Change for Life: Moving Toward Better Health

Mar. 4 & 11, 7 p.m.–8:30 p.m.

This two part series focuses on taking charge of your health and making changes in your lifestyle. Topics include: know your numbers; managing stress, a healthy diet and regular exercise.

Verdant Couch to 8K Training Program

Mar. 17 Kickoff, 7-8 p.m.

Whether you are physically active or want to make exercise a part of your lifestyle, join Verdant's Couch to 8K group. Physical therapist Shanon Tysland will lead an 8 week program with evening workshops and Saturday walking sessions to train for Seattle's annual Beat the Bridge Walk/Run on May 17.



Registration is required. Class size is limited. To register for these free health and wellness classes, visit verdanthealth.org or call 425-582-8600.