



## **Worksite of the Month: May 2009**

### **Sophia-Soak Creek Elementary- Raleigh County**

Sophia Soak Creek Elementary has been a PEIA Pathways to Wellness Worksite since the fall of 2007. The Worksite Coordinator, Karen Bonnett, works diligently to not only incorporate fitness and activity in her students lives, but the staff as well. Sophia Soak Creek has completed the *Stepping Stones*, *Chug-a-Jug*, and recently finished the *Tone Zone* program. In 2008, Mrs. Bonnett received a grant from the Pathways program for Portion Plates and a dietician to explain the importance of portion control in our daily lives. Mrs. Bonnett and the staff at Sophia Soak Creek Elementary are a joy to work with and are dedicated to not only working fitness into their lives, but also setting an example for their students.

