

OSDT Wellness Instructor Training Program

The Office of Staff Development and Training congratulate the following employees on completing the OSDT Wellness Instructor Training Program held March 2 - 4, 2015 at the OSDT Eastern Region Training Center. This OSDT Wellness Instructor School was the first instructor course for this subject that included employees from all three (3) sections of Adult Correction and Juvenile Justice Division: Juvenile Justice, Prisons and Probation/Parole employees.

This twenty-four (24) hour program provides specialized certifications to instruct the OSDT Employee Fitness and Wellness Lesson Plans which are delivered in the Correctional Officer, Juvenile Justice Officer and Probation/Parole Basic Training Programs as well as Annual In-Service Training. Instructors were introduced to fitness and wellness as they relate to the overall fitness and wellness of the human body. The course provided training on coronary risk factors, human anatomy, exercise and safety, flexibility training, cardiovascular training, nutrition training and behavior change. Instructors participated in numerous physical fitness sessions that included several types of circuit training and flexibility training. Instructors were provided information and the necessary knowledge to assist DPS employees in meeting their wellness goals along with performing the essential job functions. Instructors successfully completed a practical demonstration and written examination.

Please join us in congratulating these instructors.....GREAT JOB!



Front Row (L to R): Shane Foxworth, Latashia Williams, Amy Clark **Second Row:** (L to R) Edmond Wallace, Shameeka Edwards, Timothy Willing, Kristie Howell, Wendell Boykins **Third Row:** (L to R) Kenneth Cates, Johnnie Joyner, Rodney Patterson, Rick Neal, Lester White, James Gurganus