



PCSD Wellness University 2024-2025 Participation form

Provo City School District values the wellbeing of our employees. The goal of PCSD Wellness University is to improve employee health and happiness through health education and lifestyle skills. Wellness is about achieving balance in all areas of our lives; physical, mental, social, financial and environmental.

Provo City School District highly encourages employees to join and participate in our Wellness Program.

By signing this form, you are agreeing to participate in PCSD Wellness University. You will earn point towards incentives.

Name of Employee: _____

Date: _____

Employee signature: _____

Please return completed form to your Wellness Manager or Catherine Miner
catherinem@provo.edu or 801-670-4655