



Crafters@Case and Community Wellness

Established in 2013, **Crafters@Case** is a diverse group of staff, students and faculty from Case Western Reserve University, University Hospitals and the Cleveland Clinic. **Everyone is welcome** regardless of skill level. There are no dues/annual fees. **Participants are free to choose** creating hats, scarves or other items for donation, or work on personal projects. In January of each year the group will determine organizations to receive our donations, and we will maintain contact with these entities throughout the year. This year we will be donating items to the MTHSS CARES Program and Moriah House. Special requests are considered on a case-by-case basis.

Join the Crafters@Case and obtain a Wellness Program Incentive!*

Participation in Crafters@Case group sessions is now recognized for its Wellness contributions to the University and Greater Cleveland communities. In order to qualify for the program incentive you must participate in the groups for at least 30 minutes twice a week (total of 1 hour per week), over a minimum of 12 weeks. Documentation of participation is required (i.e., a paper log and photo of your creation(s)), and we also ask that you submit at least 1 item for donation.

Why is this important? Your participation in Crafters@Case embodies the Wellness@Case concept, "Keeping people healthy and well is critical to the University's productivity and will make a significant difference in peoples' daily lives". In addition, you may experience improvement in your overall personal state of well-being, and gain satisfaction from helping the University and Greater Cleveland communities.



Attend Crafters@Case group sessions (anytime between 12:30p to 1:30p):

- Mondays—W200E Library, Wood Bldg.
- Tuesdays—Nursing School 2nd floor across from the elevators
- Tuesdays—Sears Building, Conference room 640
- Wednesdays—W200E Library, Wood Bldg.
- Thursdays—Nursing School 2nd floor
- Thursdays—Nord Building 5th floor across from the elevator

Join or start a new group in your area (please contact Brinn@case.edu)

We are grateful for support received from:

- CWRU Wellness Program; Elizabeth Click, Medical Director
- CWRU Staff Advisory Council
- SAC Community Services Committee



Founded by CWRU Staff

**Wellness Participants are defined as people who completed the three Wellness Activities during Fall 2016 and have chosen one of the university's medical insurance plans for 2017. Questions may be sent to Elizabeth Click (erc10@case.edu) or Maryann Dobbins (mxd490@case.edu).*