



# River Trails School District 26

1900 E. Kensington Road  
Mt. Prospect, IL 60056

(847) 297-4120  
Fax: (847) 297-4124  
Website: [rtsd26.org](http://rtsd26.org)

November 9, 2023

Dear Employee:

*The mission of the River Trails School District 26 Wellness Committee is to inspire, create and maintain a workplace and environment that supports each person's healthy lifestyle choices.*

River Trails School District 26 cares about its employees and we're continually making improvements to make our district a great place to work. Several years ago, we launched our wellness program, which we are now calling **Healthy Trails**. This program provides all of us with opportunities to participate in health promotion activities and receive information about ways to improve our health.

Our ultimate goal is to ensure that River Trails School District supports each employee in maintaining a healthy lifestyle, and that we support the choices you make every day to improve and maintain your health.

Over the coming weeks, we will continue to offer opportunities for you to be involved and, ultimately, make choices that can positively influence your health.

A healthy lifestyle is a personal choice, therefore our wellness program will provide you with information and opportunities to make it easier for you to make healthy choices. We encourage you to take advantage of this opportunity to the fullest.

Dr. Jodi Megerle  
Superintendent

Bob Kastner  
President, R.T.E.A.