



WELLBEING CHAMPION COMMITTEE MEETING Chief Executive Conference Room

Meeting Minutes
Thursday, August 8, 2019
1:30 PM - 2:00 PM

PRESENT : Beth Parks, Jeremy Grotbo, Beth Wurm, Ed Heard, Lori Stenson, and Theresa Marshall

Called to order at 1:30pm.

Reviewed minutes from May meeting. No meeting in June or July.

SCHEDULE OF EVENTS and CHALLENGES

June - Discussed Trail Mix event. Good turn participation and might have a Trail Mix event in the Fall.

July -Discusses Hydration education Challenge. Easy challenge with good participation. 14 on week one and 16 on week two. Hidrate water bottle giveaway.

Discussed August and future Wellness Wednesday topic ideas.

Possible ideas: Disaster awareness, a fitness challenge piggy packing on Park & Rec's Yoga in the Park, benefits of yoga, desk stretches, ergonomic, computer eye strain, and benefits of volunteering.

HEALTHCHECK360

Update on progress on getting Healthcheck360 implemented for upcoming Biometric Screening in October. Discussed opportunities for the upcoming Biometric Screening.

HEALTHJOY

Update on implementation and employee education.

VOLUNTEERING

Ed Heard - Discussed the upcoming Special Olympics Basketball tournament on November 8th and 9th. Looking for volunteers, specially Refs, but also score keepers, time keepers. Will need around 500 volunteers.

Also discussed volunteering opportunities for walking shelter dogs.

Meeting adjourned at 2:05pm.

NEXT MEETING

Thursday, September 12th from 1:30pm - 2:30pm in Room 103 of the Courthouse