



WELLBEING CHAMPION COMMITTEE MEETING
Conference Room 103

Agenda
Thursday, September 12, 2019
1:30 PM - 2:30 PM

1. Review previous meeting minutes
2. Wellness Wednesday emails for September – Any other Volunteering Ideas?
 - a. September 7 – Disaster Preparedness Month
 - b. Volunteering – Week 1 – Animal Shelter
 - c. Volunteering – Week 2 – Big Brothers/Big Sisters
 - d. Volunteering – Week 3 – Special Olympics
3. Wellness Wednesdays emails for October?
 - a. Healthcheck 360
 - b. Most frequent prescriptions prescribed for 1st ½ of 2019 – do we want to address these with “wellness topics”
 - i. Antidepressants
 - ii. Antihypertensives
 - iii. Antihyperlipidemics
4. Wellness Wednesdays emails for November
 - a. Health Department stop smoking
 - b. Great American Smokeout
 - c. MT Quit Line
 - d. Prescription coverage for smoking cessation
5. Yoga Challenge – participation – winner
6. HealthCheck360 Updates
7. NEXT STEPS - Next Meeting: Thursday October