



WELLBEING CHAMPION COMMITTEE MEETING
Conference Room 103

Agenda
Thursday, October 10, 2019
1:30 PM - 2:30 PM

1. Review previous meeting minutes
2. Wellness Wednesdays emails for October?
 - a. Healthcheck 360 – rescheduled email sent out 10/3/2019
 - b. Breast Cancer Awareness Month
 - c. Most frequent prescriptions prescribed for 1st ½ of 2019 –
 - i. Stress as it contributes to depression, high blood pressure and high cholesterol
 - ii. Exercise to combat depression, high blood pressure and high cholesterol
3. Wellness Wednesdays emails for November?
 - a. Move your way campaign?
4. HealthCheck360 Updates