



**WELLBEING CHAMPION COMMITTEE**  
**MEETING Room 103**

Agenda  
Thursday, February 14, 2019  
1:30 PM - 3:30 PM

**1. Review Schedule of events**

- **January – Positivity Challenge – Review**
- **February – Heart Health – Working on Lunch and Learn**
- **March – Financial Wellness**
- **April – Personal Trainer to kick off the May Walking Challenge**
- **May – Walking Challenge**
- **Possibly doing Dermatology/Skin care for April and bumping the Walking Challenge out to June?**
- **July – Water Challenge; possible incentive of digital water bottle / tickets to the water park**

**2. Wellness Wednesday emails for February and March**

- **6<sup>th</sup> – Four Things You Should be Doing for a Healthy Heart**
- **13<sup>th</sup> – Heart Healthy Valentine's Day**
- **20<sup>th</sup> – American Heart Health Month**
- **27<sup>th</sup> – Looking to Improve Your Heart Health? Reduce Your Stress**
- **6<sup>th</sup> – Americans Name Money as Number One Factor Causing Stress**
- **13<sup>th</sup> – How Financially Fit are You?**
- **20<sup>th</sup> – Tips to be Fit & Frugal**

**3. February Heart Health – Lunch and Learn with St. James**

- **February 28<sup>th</sup> – Noon to 1pm – Ida Reighard from St. James and a dietician**

**4. March Financial Wellness – Lunch and Learn with Opportunity Bank**

- **March 19<sup>th</sup> – Noon to 1pm – Donna Rowling, Arlis Ortman, and Ty Stetzner**

**5. Journey to Wellbeing Program website update**

**6. NEXT STEPS**

- **Next Meeting: Thursday, March 14, 2018 from 1:30 p.m. – 3:30 p.m. Room 103**
  - **Possible to change to Thursday March 21<sup>st</sup> or meet in April?**