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

3. February Heart Health - Lunch and Learn with St. James
   - February 28th - Noon to 1pm - Ida Reighard from St. James and a dietician

4. March Financial Wellness - Lunch and Learn with Opportunity Bank
   - March 19th - 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 21st or meet in April?