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