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