



**WELLBEING CHAMPION COMMITTEE
MEETING Chief Executive Conference Room**

Meeting Minutes
Thursday, May 9, 2019
1:30 PM - 2:00 PM

PRESENT : Ed Heard, Beth Parks, and Beth Wurm

SCHEDULE OF EVENTS and CHALLENGES

May - Benefits of Walking

June - Trail Mix - Every Monday in June at 5:30 pm, meet and walk a different trail route. Encourage employees to bring their family and friends. Every time employee signs in they will get entered in a drawing - could have up to four entries per employee.

Wellness Wednesday ideas: Stretching, bird watching / wildflowers, what to do while walking, ticks and what to do if you have a tick, trail safety, where to report trail maintenance.

July - Water/ Hydration Challenge

HEALTHCHECK360

Update on progress on getting Healthcheck360 implemented for upcoming Biometric Screening in October. Healthcheck360 will provide participants with a health score and run challenges.

NEXT MEETING

Thursday, June 13th from 1:30pm - 2:30pm in Room 103 of the Courthouse - Possible reschedule out to July 11th.