



WELLBEING CHAMPION COMMITTEE MEETING Chief Executive Conference Room

Meeting Minutes
Thursday, September 12, 2019
1:30 PM - 2:00 PM

PRESENT : Beth Parks, Mike Sullivan, Beth Wurm, Ed Heard, Lori Stenson, Theresa Dennehy, Jordan Peterson, and Theresa Marshall

Called to order at 1:32pm.

Reviewed minutes from August meeting.

WELLNESS WEDNESDAY IDEAS

Discussed different volunteering opportunities about the community.

- Big Brother/Big Sisters is having a softball event next Thursday at Copper Mountain that could be promoted.
- Special Olympics needs volunteers.
- Food bank volunteer idea for closer to the holidays, or possibly work with a food drive.

Discusses our most frequently prescribed and ways to address these issues

- Alternative ways for stress relief (acupuncture, massages)

Discusses additional topic's for Wellness Wednesday

- October is Breast cancer awareness month – Health department can provide more information that can be distributed. Breast Exam Ever. Tough enough to wear pink.
- Diabetes awareness
- Suicide information/prevention, EAP, warning signs.
- November – Great American Smoke Out, MT quit line, Smoking cessation

CHALLENGES IDEAS

- Take the stairs
- Promoting the trail systems in the winter

HEALTHCHECK360 UPDATE

We are moving the Biometric Screening from October 2019 to January 2020 due to contract issues with HealthCheck360. More information will be sent out to all employees.

Meeting adjourned at 2:05pm.

NEXT MEETING

Thursday, October 10th from 1:30pm – 2:30pm in Room 103 of the Courthouse