

Wellness Council Webinar

September 2023



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Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Guest Speaker: Department of Revenue**
- **Quarterly Activity List**
- **What's New from WFHTN**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations!

Suzy Douglas – Sept. 3

(Department of Labor & Workforce Development)

Jaime Grammer – Sept. 8

(Department of Education)

Kirby Fye – Sept. 9

(Department of Mental Health & Substance Abuse Services)



Is your birthday this month? Let us know in the chat!

Celebrations!

Children's Services

Ashley Zarach

Jessica Bell

Revenue

Jennifer Nault (Audit)

Brittany Adams (Collection Services)

Stephanie Parks (Fiscal Services)

Michelle Rowland (Taxpayer Services)



Celebrations!

Health

Amy Daughtry

Becky Meyer

Carly Crownover

Gabby Murphy

Pete Phillips



**Guest Speaker:
Kelly Cortesi
Department of Revenue**

Quarterly Activity List

September Activities & Info

- **Share:**
 - **Preventing Suicide at Work** in honor of National Suicide Prevention Month
 - **Selecting and Serving Produce Safely** (PDF, video) in honor of Food Safety Education Month
- Encourage co-workers to complete **Cholesterol: Fact or Fiction?** by Sept. 30 for National Cholesterol Education Month
- Encourage co-workers to **share how they enjoy more whole grains at meals** in honor of Whole Grains Month

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

September Challenge

Find Your Flow Yoga September 11-22

Try a variety of yoga practices on your own, while boosting your physical and mental health!

Sign up by Thursday, Sept. 7:
https://stateoftennessee.formstack.com/forms/wfhtn_find_your_flow_signup



What's New?

September Wellness Calendar & Events

Self-care September



| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|---|--|---|--|
| Sept. 1 | September is National Yoga Month! Try a variety of yoga practices by joining the Find Your Flow Yoga Challenge from September 11-22. Complete the submission form for a chance to win a prize! Sign up by Thursday, September 7. https://stateofennessee.formstack.com/forms/wfhtn_find_your_flow_signup | | | Please note: All times listed are in the Central time zone. | Join Yoga for All from 12-12:15 p.m. (Calendar invite) |
| Sept. 4-8 | Happy Labor Day! | Join us for a Dance Break from 12-12:15 p.m. (Calendar invite) | Yoga for All is relaxing for all fitness levels. Join us from 12-12:15 p.m. (Calendar invite) | September is Suicide Prevention Month . Register for Optum Health's webinar from 12-12:45 p.m. | September is National Chicken Month! Try BBQ Chicken and Sweet Potato Bowls . |
| Sept. 11-15 | Join Yoga for All from 12-12:15 p.m. (Calendar invite) | Find support near you with the new Optum Health Community Connector! | Join the Simplify Work, Life & You webinar from 11:30 a.m. - 12:30 p.m. (Register) | Join the Experts in Real Life: Live Panel from 1-1:30 p.m. (Calendar invite) | Learn about Preventing Suicide at Work in honor of National Suicide Prevention Month. |
| Sept. 18-22 | Share how you enjoy whole grains at meals in honor of Whole Grains Month. | Happy Hispanic Heritage Month! Celebrate with these 25-minute Chicken Veggie Enchiladas . | Give your mind a break at Meditation with Nat from 11:30 a.m. - 12 p.m. (Calendar invite) | Join DCS for a Fitness Break from 10-10:15 a.m. (Calendar invite) | Get the facts during the Cholesterol 101 webinar from 10-10:30 a.m. (Calendar invite) |
| Sept. 25-29 | Learn about selecting and serving produce safely (PDE video) in honor of Food Safety Education Month. | Try yoga at home or during your next team meeting with these free videos from our library! | Take a 10-minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite) | Get the whole truth during Whole Grains Trivia 12-12:30 p.m. (Calendar invite) | Complete Cholesterol: Fact or Fiction? for National Cholesterol Education Month. |

Upcoming Events September 2023

Workouts

Yoga for All
 Mondays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

Wednesdays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

Fridays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

Dance Break
 Tuesdays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

DHS 10-minute Fitness Break
 Wednesdays from 11-11:10 a.m.
[Link to join](#). [Calendar invite](#).

DCS Fitness Break
 Thursdays from 10-10:15 a.m.
[Link to join](#). [Calendar invite](#).

Challenge

Find Your Flow Yoga Challenge

September 11-22
 Take on this beginner-friendly challenge to try a variety of yoga practices on your own, while boosting your physical and mental health. At the end of the challenge, complete the submission form for a chance to win a prize!

Sign up by Thursday, September 7:
https://stateofennessee.formstack.com/forms/wfhtn_find_your_flow_signup

Activities & Webinars

TDOE Meditation Break
 Thursdays from 11:15-11:30 a.m.
[Link to join](#). [Calendar invite](#).

Suicide Prevention (Optum Health)
 Thursday, Sept. 7 from 12-12:45 p.m.
[Register](#).

WFHTN Panel: Experts in Real Life
 Thursday, Sept. 14 from 1-1:30 p.m.
[Link to join](#). [Calendar invite](#).

Meditation with Nat
 Wednesday, Sept. 20 from 11:30 a.m. - 12 p.m.
[Link to join](#). [Calendar invite](#).

Cholesterol 101 (ActiveHealth)
 Friday, Sept. 22 from 10-10:30 a.m.
[Link to join](#). [Calendar invite](#).

Whole Grains Trivia
 Thursday, Sept. 28 from 12-12:30 p.m.
[Link to join](#). [Calendar invite](#).

Please note: All times are listed in the Central time zone.
 For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html.



Quarter 4 Report

Hosted by WFHTN

10 activities
1,278 participants
22 agencies

Partnered w/agencies & Vendors

22 activities
1,341 participants
12 agencies

Be Well @Work Newsletter

Open Rate:
31.8%

Website Page Views

23,458

7% increase from last year

Survey Feedback

4.9/5

Social Media Engagement

Facebook: 8.75%
Instagram: 13.00%

FY2024 Well Workplace Awards

- **Breakthrough Wellness Council**
- **Communicator of the Year**
- **Engagement**
- **Innovator**
- **Thinking Outside the Desktop**
- **WFHTN All-Star**



Wellness Council Activity Submission Form



Wellness Council Spotlights

48-A-Day Water Challenge



**586 employees across
30 agencies!**

Personal Wellness Journey

Department of Tourist Development



"Be a Kid Again" & 5K Fun!

Department of Human Services



Pack Your Lunchbox with Local Farms

Department of Agriculture



Step Challenge

Department of Children's Services

14 DAY CHALLENGE

Over the next 14 days, I am challenging myself to

Walking
Activity

Frequency or duration

If I meet my goal,

Reward

Keep track of your journey by coloring in the path.

| | | | | |
|--------|--------|--------|--------|--------|
| START | 10,542 | 12,222 | 17,181 | 10,358 |
| 13,901 | 14,211 | 10,686 | 10,316 | 10,659 |
| 12,317 | 15,205 | 11,818 | 11,283 | 11,023 |

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Walkabout

Department of Human Resources



Hydration

Department of Finance & Administration



Social Media Spotlights

TN Tennessee Department of Revenue ✓
4d · 🌐

National Farmers Market Week (and every week!) is a great time to support your local farmers markets! Did you know most products sold at farmers markets are tax free all year long?! Thank you [East Nashville Farmers' Market](#) and [SeaQuest Farm Dairy Goats](#) for talking to us about the benefits of shopping at your local farmers markets! [Tennessee Department of Agriculture Working for a Healthier Tennessee Pick TN Products](#)

Farmers Market Week
Let's Celebrate!

0:05 / 1:00



Upcoming Schedule

October Wellness Council Webinar

Thursday, Oct. 5 from 9-9:45 a.m. CT

Quarter 1 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit
<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates



WHAT'S
GOING
ON?

Questions





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