

WFHTN Wellness Council Webinar Notes August 4, 2022

Welcome

- Hello everyone! Thank you for joining our August Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - Guest Speaker: ActiveHealth Management
 - Quarterly Activity List
 - What's New?
 - Wellness Council Spotlight
 - Upcoming Schedule
 - Sharing

Guest Speaker – Dr. Sharon Fitzsimmons (ActiveHealth Management)

WFHTN Quarterly Activity List

- We are in the middle of Quarter 1!
- We have some suggestions to help you earn gold achievement level status this fiscal year.
- **August 2022 Suggestions**
 - As a reminder, our team strives to ensure we're hosting and providing challenges, activities and resources, so all you need to do is promote them.
 - Your Wellness Council activities are, of course, up to you to complete.
 - Here are some suggestions for August.
 - Share information related to:
 - National Financial Awareness Day August 14.
 - Two-minute [Eat Right on a Budget video](#).
 - [Here4TN resources, tips and articles to step up your financial know-how](#).
 - Activities that you can promote:
 - Invite employees to join our "How to Manage Your Finances" webinar presented by Here4TN on Tuesday, Aug. 16 from 11:30-12 p.m. CT. You can register on the [Wellness Events page](#) by clicking 'Webinars' to expand the menu.
 - The next 4mind4body is all about state retirement plans and resources, presented by RetireReadyTN on Wednesday, Aug. 17 from 11:30 a.m. – 12:30 p.m. CT ([Learn more](#)).
 - Challenges you can participate in:
 - We challenge you to relax! Try one of these [Relaxation Techniques](#) with us on National Relaxation Day (Monday, Aug. 15). [Tell us which technique you tried](#). Five participants chosen at random will win a prize!

2022 Annual Awards Celebration

- We had a wonderful annual awards celebration on July 20. We want to thank you, again, for all you all do to promote health and wellness across the state! We are excited for another great fiscal year!

What's New?

- ***Reminder*** [WFHTN Wellness Events Page](#)
 - This is where you'll find our *August Wellness Calendar* and *Virtual Events*.
 - Just a heads up, we have moved the Wellness Events as a drop-down option under Activities & Challenges; therefore, the link has changed.
- **WFHTN YouTube Videos**
 - Our team continues to create new, informative and fun YouTube videos you can share and enjoy!
 - Be sure to check them out and share them with your employees. Make sure you subscribe to our YouTube Channel at youtube.com/tnsitechampions so you never miss a new video!

Wellness Council Spotlight

- **Spring Virtual 5k Series**
 - That's a wrap on our Spring 5K Series! More than 115 5Ks were completed among our Wildflower Walk and Run in April, May the Course Be with You in May and June Bug Dash in June.
 - Pictured: A group of Department of Agriculture employees who completed a 5K *after* finishing a six-week couch to 5K training program!
- **Water Challenge (Revenue)**
 - The Revenue Wellness Council hosted a 48-a-Day water challenge with 40 employees.
 - Here's what one participant expressed after the two-week challenge, "Thanks for this challenge – it was 'refreshing' during these very hot days."
- **Catch Some Rays Challenge (Education)**
 - The Education Wellness Council hosted a Catch Some Rays Challenge where the goal was to get outside for up to 15 minutes daily to soak up the health benefits of sunlight (vitamin D)!
 - Pictured are participants catching rays on their lunch break, during a puppy bathroom break and out in the great outdoors!

Upcoming Schedule

- **September Wellness Council Webinar**
 - Thursday, September 1 from 9-9:45 a.m. CT
 - We will have guest speaker Brittany Willis from the Tennessee Department of Health Suicide Prevention Program.
- **Quarter 1 Activity List (July-September)**
 - For each quarterly activity list, your Wellness Coordinator is keeping track of the activities you complete. If you have any additional activities that your Wellness Coordinator may not know about, please send the activity information to her by Monday, October 3.
- For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates

- If you haven't already, please let us know in the chat which agency you're representing.
- Let's take some time to share what's going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

If you have any questions, we'd be happy to answer those now.

Thank you for joining our Wellness Council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!