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August Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives.

Agenda

Active Health Presentation
Fun Fact Challenge
How We Can Help
Celebrate a Healthier YOU
Awards Ceremony Recap
Here4TN Scavenger Hunt
August Health Observances
Upcoming Schedule
Sharing

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June Fun Fact Challenge!

Congratulations to

Jill Wilder

Commerce & Insurance

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Fun Fact Challenge!

The Rules

The 1st Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

In the event of a tie, a fourth question will be used as a tie breaker.

You MUST type out the complete answer (A, B, C, etc. will not count.)

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Fun Fact Challenge!

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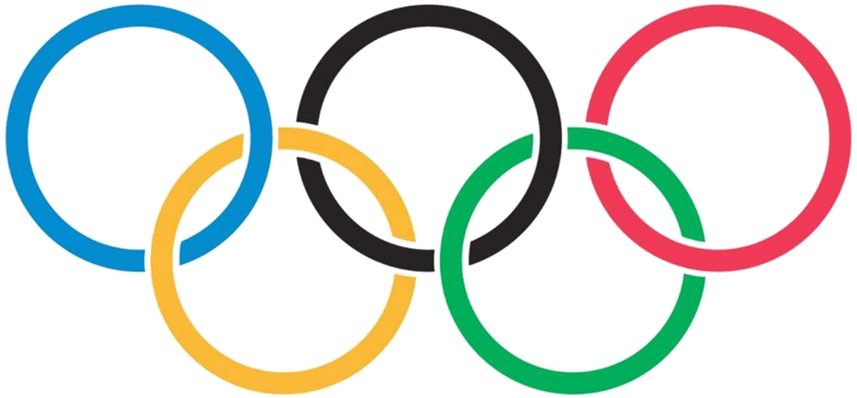
Fun Fact Challenge!

Question #1

The six colors of the Olympic rings – blue, yellow, black, green, red, and the white background – were chosen because every nation's flag contains at least one of those colors.

True or False?



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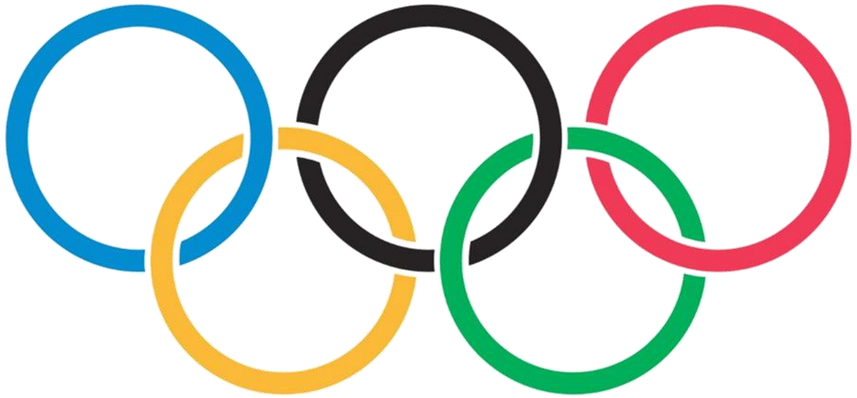
Fun Fact Challenge!

Question #2

The first official Olympic mascot was Waldi, the ___, at the 1972 Games in Munich.

A. German Shepherd
B. Great Dane
C. Dachshund



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Fun Fact Challenge!

Question #3

SNAP (supplemental nutrition assistance program) benefits can be used at the Farmers Market?

True or False?

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Fun Fact Challenge!

Tie Breaker

This month's name was changed to August in __ BCE to honor Augustus Caesar.

A. 6
B. 8
C. 10

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We are here to help!

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HOW WE CAN HELP YOU!

COMMUNICATION

- Emails
- Fliers
- Handouts
- Newsletters
- Posters

PRESENTATIONS

- Create new/edit existing
- In-person (Lunch 'n Learns)
- Webinars (WebEx)
- Request a topic from provided list

MEETINGS

- New Wellness Council Chair & member meetings
- Strategy meetings
- Attend scheduled Wellness Council meetings

ON-SITE ACTIVITIES

- Help facilitate on-site events & activities

CHALLENGES & ACTIVITIES

- Create new/edit existing challenges
- Contribute ideas

Need help with something else? Contact us at wfht.tn@tn.gov.

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CELEBRATE A HEALTHIER YOU!

September 1st-30th

Join us in September as we celebrate all that makes YOU healthier. This challenge is about *overall* wellness (mental health, physical health, nutrition and more). Each day you will engage in a different healthy habit.

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Annual Awards Ceremony

Congratulations to ALL winners!

2020 Overall Award Winner:

Department of Human Resources!

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Here4TN Scavenger Hunt!

Link will go LIVE on Monday, August 10th at 8 a.m. CST

Check out the prizes!

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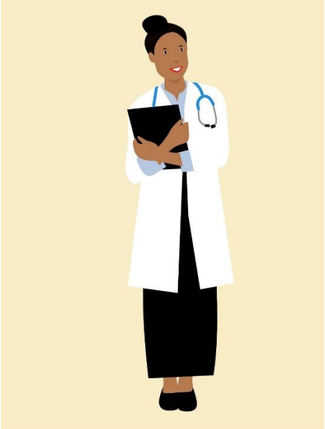
August Health Observances

NATIONAL FARMERS MARKET WEEK



NATIONAL HEALTH CENTER WEEK

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Upcoming WFHTN Schedule

Celebrate a Healthier YOU Challenge

All Wellness Council Challenge
September 1st-30th

September Wellness Council Webinar

Thursday, September 3rd
9 a.m. – 9:30 a.m. Central

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Sharing

Questions

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