

## **WFHTN Wellness Council Webinar Notes**

### **August 6, 2020**

#### **Welcome**

- Good morning everyone! Thank you for joining the August Wellness Council webinar. We won't be doing an official roll call at the end, so please go ahead and type in your department in the chat box!
- Today's agenda includes:
  - ActiveHealth Presentation
  - Fun Fact Challenge
  - How We Can Help
  - Celebrate a Healthier YOU Challenge
  - Recap of Annual Awards Ceremony
  - Here4TN Scavenger Hunt Update
  - August Health Observances
  - Upcoming Schedule
  - Sharing

#### **ActiveHealth Presentation**

Remember, your regional wellness coordinator will be scheduling a meeting with you to go over your specific ActiveHealth Index. This could help YOU better plan workplace wellness activities and events appropriate for YOUR department.

#### **Fun Fact Challenge**

- Congratulations to our August Fun Fact winner, Denise Galben from Human Services!

#### **How We Can Help**

- The Working for a Healthier Tennessee team would like to give a friendly reminder that we are here to help YOU! Each Wellness Coordinator is assigned to certain departments and our full-time job is to assist you with the wellness initiative. We are so very appreciative that you volunteer your time to help your fellow co-workers engage in wellness activities. We want you to remember that we are here and can take on a lot of the behind-the-scenes work. We want to make sure you do not get overwhelmed.
- We can help in many ways including (but not limited to):
  - Communication: We can create and edit emails, fliers, handouts, newsletters, posters, etc.
  - Presentations: We can create, edit and host lunch n' learns and webinars.
  - We can attend your Wellness Council meetings and help with new members, etc.
  - Once on-site activities are back in action, we can help facilitate those. We can also help facilitate and host virtual events.
  - We can create and edit challenges and activities.
- We even created a poster to highlight all we can help with! The link to the poster is here: <https://www.tn.gov/content/dam/tn/wfhtn/documents/WFHTN%20WC%20Poster.pdf>
- Always reach out to your Wellness Coordinator with any questions, comments, feedback and ideas because we are here and happy to help!

#### **Celebrate a Healthier YOU Challenge**

- Are you ready for another all Wellness Council challenge? This September join us and celebrate a healthier YOU. This challenge is about overall wellness (mental health, physical health, nutrition, and more). Each day will include a unique healthy habit. Be on the lookout for more information from your Regional Wellness Coordinator!

### **Annual Awards Ceremony**

- We held our first ever virtual awards ceremony last week. We want to say congratulations again to EVERYONE for all the hard work you do throughout the year. The Overall Award went to Department of Human Resources. Great job!
- Remember, for this fiscal year we will be giving Wellness Warriors Awards at the 2021 annual awards ceremony! So, keep up with those quarterly checklists so you can stay eligible for the Wellness Warriors Award!

### **Next Here4TN Scavenger Hunt**

- The next Here4TN Scavenger Hunt will go live August 10<sup>th</sup> at 8 a.m. CT!
- Your assigned Regional Wellness Coordinator will be sending the link the morning of August 10<sup>th</sup> so be on the lookout because the first 50 to complete the hunt gets a prize.
- Check out the prizes for the August hunt - a laptop camera cover and a Here4TN cooler.
- A quick update about the prizes from the previous scavenger hunt... We have them in the office. Since they are hats and difficult to interoffice mail, we are holding them until we can return to the office. We apologize for the delay but will get them out as soon as we are able.

### **August Health Observances**

- National Farmers Market Week
- National Health Center Week

### **Upcoming WFHTN Schedule**

- **Celebrate a Healthier YOU Challenge**
  - All Wellness Council challenge; be on the lookout for more information soon!
  - September 1<sup>st</sup>-30<sup>th</sup>
- **September Wellness Council Webinar**
  - Thursday, September 3<sup>rd</sup> from 9 a.m. – 9:30 a.m. Central

### **Sharing**

- If you haven't already, please let us know in the chat box what department you're representing. This is how we will be taking attendance moving forward so that we don't take up your time with the roll call.
- Let's take some time to share what's going on in your department. What wellness activities, challenges, etc. would you like to share?

Thank you all for attending today's webinar. Please reach out to your WFHTN Regional Wellness Coordinator if you have any questions.