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# WORKING FOR A HEALTHIER TENNESSEE

January Wellness Council Webinar



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In collaboration with the ParTNers for Health Wellness Program

# Today's Agenda



- **Monthly Fun Fact Challenge**
- **Website Update**
- **New Email Address**
- **Moving to a Monthly Handout**
- **Upcoming Health Observances**
- **Upcoming Schedule**
- **Roll Call**

# Monthly Fun Fact Challenge



# Rules of the “Fun Fact Challenge”

- The first 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 4th question will be used as a tie breaker.
- The questions will be centered on our 3 focus areas, weekly handout information and/or information from the previous month’s webinar.

# Fun Fact Question #1:

- What are the three focus areas of the WFHT initiative?

## Fun Fact Question #2:

**How many Wellness Councils  
are there?**

# Fun Fact Question #3:



**True or False:**

**The WFHT initiative has moved into its 6<sup>th</sup> year of existence.**



# Fun Fact Tie Breaker:

**How many Regional Wellness Coordinators are assigned to the Wellness Councils?**

# Website/Email Address Update

- [www.tn.gov/wfhtn](http://www.tn.gov/wfhtn)
- [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)

# Monthly Handout

- Changing from weekly to monthly
- New look
- Inspirational quote
- Topics
- Call to action

# Upcoming Monthly Handout Topics

- New Year, New You (January)
- Heart Health (February)
- Nutrition (March)



# Health Observances

- [Glaucoma Awareness Month](#) (January)
- [American Heart Month](#) (February)
- [Go Red for Women](#) (February 1)
- [National Nutrition Month](#) (March)
- [National Sleep Awareness Week](#) (March 4-11)

# Upcoming Schedule

- February Wellness Council Webinar
  - Thursday, February 7 at 9 a.m. Central
- Q3 (Jan-March) Point Tracker
  - Due March 29<sup>th</sup>



# Roll Call



# Questions?





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