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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.

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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 6th 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
- **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)

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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 29th

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Roll Call

Questions?

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