

## Special Wellness Committee Meeting

Tuesday August 23<sup>rd</sup> 9am

In Attendance: Courtney, Jill, Freddy, Brenton, Jessica, Theresa, Chris, Mark

1. Fall Fitness Challenge – The challenge will run from September 19<sup>th</sup>-October 30<sup>th</sup>. Want to get families and new employees involved in the September Challenge. Persons living in the household of the employee can participate, but should be over 18. Discussion followed on whether there should be an Individual tab and a family tab. Family members will be listed on the individual tab with their names in a separate color while employees can participate on a department teams. A mentorship for new employees asking them if they would like to participate and buddying up for walks is recommended. There will be no prizes for participation.
2. Demonstration. Corey Meyer and Kyle Baxter will be have a demonstration for strength exercises on Thursday September 8<sup>th</sup> from 11:30am-12pm at the community center, room 300. Bring your own weights/stretchy band and there will be a quick 30minute demo to help give staff fresh ideas for a new routine. It will be taped and put on the portal.
3. Celebration – The Fall Fitness celebration will be at the Train station. Mark is in favor of attempting to use Zoom on someone's phone to give an online option in addition to attending live.
4. Greentree – There will be wellness items passed out at the electric booth at the Greentree festival.

Next Meeting September 13<sup>th</sup> 9am Zoom or in person