

## Wellness Leadership Minutes

Tuesday January 5<sup>th</sup> 9am

In Attendance: Kris, Mark, Tania, Theresa, Mollie, Courtney

1. December Minutes – Approved
2. Maintain Don't Gain –Weights could be turned in by email or text to make more flexible during pandemic.
3. Biometric Screening – Tania added event to the portal. Employees must register before hand and there is safety information listed for participants. Found adding each individual time and what was full was extremely time consuming.
4. Biometric Screening – Opportunity to educate staff on the employee portal as all aspects of Earned Health Day will be turned in using this system.
5. 12 Days of Fitness – Forms are due Monday January 11<sup>th</sup>, 2021. The prize for completing this challenge is a reflector belt for walking in the dark.
6. Presentation – There are 2 live webinars scheduled *How to Grocery shop, the Healthy Way* on Tuesday, February 16, 11:30-12:30, and *Quick and Healthy Meals* on Thursday, March 11, 11:30-12:30. The link will be available for viewing after the webinars.
7. Naturally Slim – Enrollment for Naturally Slim is available until January 8<sup>th</sup> and the program will start January 25<sup>th</sup>. This is a mindful eating program.
8. Wellness Calendar – Needs to be updated for 2021 by next meeting. Theresa will send out a draft to discuss next month.
9. Blood Pressure Monitoring – The blood pressure machines will be shifted around for the quarter.

Next Meeting: February 2<sup>nd</sup> 9am