



Wellness Committee Meeting

July 23, 2018

10:00am – 11:15am

Members Present: Kevin Cline, Jill Drowne, Andrea Thomas, Janalee Hauptman (Cigna), Beth Moore, Elise Thorpe and Veronica Castillo (Lovitt & Touché)

Introductions

Topics of Discussion

Kick off Meeting

Ideas for 2018-2019 Wellness Initiatives

- Use of gym & yoga studio: earn points toward incentives
- Smoothie Challenge Ideas
 - One day a week someone make smoothies/juices for everyone. Recipes are tasted. This goes for however many weeks there are participants.
 - Or utilize the teaching kitchen for smoothie/hummus/cooking challenge of some kind.
- Mindfulness moment/stretch –
 - On Mondays, live stream a 10 min video that employees can participate from their desks
 - Email recording for those who missed the first one.
 - Jill and/or others could lead the stretches.
 - Once a month we introduce a new stretch routine.
- Stress relief/burnout – topics/focus
- Healthy BINGO Challenges
- Motivate Me App from CIGNA (Cigna members only)
- Offer a 4 week financial planning course (financial health)
- Administer an Employee Engagement Survey
- Sick vs vacation time use...absenteeism reports
- Walking Spree (tour of Italy) or France etc. At the end of the challenge have a themed potluck to celebrate all participants.

Adjournment