

**NOTICE AND AGENDA OF MEETING OF THE NAPEBT WELLNESS COMMITTEE OF THE  
NORTHERN ARIZONA PUBLIC EMPLOYEE BENEFIT TRUST**

Notice is hereby given to the general public that the NAPEBT WELLNESS COMMITTEE will hold a meeting open to the public on **Friday November 2nd, 2018, 10am-12:00pm County Health Department 2625 N. King St. Birch Room, Second Floor.**  
**Call In Option: 1-641-715-3580 PIN: 594430**  
**Link to supporting materials on SLACK**

**AGENDA**

1. CALL TO ORDER

2. COMMITTEE MEMBERS AND ALTERNATES:

Katie Wittekind	NAPEBT
Amber Baker	NAPEBT
Jen Moore	Flagstaff Unified School District
Elaine Keller	Flagstaff Unified School District
Ginger Wischmann	Flagstaff Unified School District
Scott Walmer	Flagstaff Unified School District
Tasha Wilson	Coconino County
Meg Miller	Coconino County
Mike Townsend	Coconino County
Rosa Mendoza-Logan	Coconino Community College
Kim Shaw	Coconino Community College
Mitch Driebe	Coconino Community College
Jeanie Confer	CCRS
Emily Morton	CCRS
Jen Caputo	City of Flagstaff
Jessica Foos	City of Flagstaff
Lynn Hill	NAIPTA
Rhonda Cashman	NAIPTA
Allison Duff	Vera
Julie Almond	Vera

3. AGENDA ITEMS

- A. Intro Activity
- B. Agency Updates
- C. MEMS Pool
- D. Board Reporting Recommendation
- E. Health Fair Debrief
- F. Poker run
- G. WHC
- H. COMMUNICATION:
- I. Retreat
- J. PERMAH Events Integration
- K. Massage Envy
- L. Spring Wellness Week
- M. Page Health Fair
- N. Wellness Intern
- O. Review Program Plan
- P. October Action Items

- a. Katie will go to Mike and get direction for getting employees to track time spent on wellness committee meetings and trust meetings
- b. NAPEBT will check back with agencies about tracking time spent on wellness committee meetings, and trust meetings
- c. Amber will update the vendor contact list, repost to slack, and email to committee members
- d. Each agency will provide a contact person for each site that hosts events (for cancellations and such)
  - i. New person @ ccc & front desk Kimberly

Q. November Action Items