

**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 December 14th, 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	Kim Shaw	CCC
Amber Baker	NAPEBT	Mitch Driebe	CCC
Jen Moore	FUSD	Jeanie Confer	CCRSD
Elaine Keller	FUSD	Emily Morton	CCRSD
Ginger Wischmann	FUSD	Jen Caputo	City
Scott Walmer	FUSD	Jessica Foos	City
Tasha Wilson	County	Lynn Hill	NAIPTA
Meg Miller	County	Rhonda Cashman	NAIPTA
Mike Townsend	County	Allison Duff	Vera
Rosa Mendoza-Logan	CCC	Julie Almond	Vera

3. AGENDA ITEMS

- A. Intro Activity
- B. Agency Updates
- C. Wellness Connection
- D. Mindfulness Structure of Classes
- E. Annual Review
- F. Awards Banquet
- G. Retreat
- H. Location Form
- I. Environmental Scholarship
- J. Sugar Challenge
- K. Vera
- L. Document Sharing
- M. Compass
- N. Review Program Plan
- O. October Action Items
  - a. NAPEBT will check back with agencies about tracking time spent on wellness committee meetings, and trust meetings
  - b. Each agency will provide a contact person for each site that hosts events (for cancellations and such)
    - i. New person @ ccc & front desk Kimberly
- P. November Action Items

Support details.

D: three budgeted hours. I thought I would offer to facilitate a sit for a few weeks, maybe starting in Feb-six 30 minute sessions where previous classes could come and meditate. [This could be a lunch hour on Tues or Wed 5:30.](#) I've had a lot of requests for a simple easy access time for practice. Thanks!

Hydroflask owner?

Tabled:

A. MEMS Pool