

**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 January 11, 2019, 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	Jeanie Confer	CCRS
Amber Baker	NAPEBT	Emily Morton	CCRS
Jen Moore	FUSD	Jen Caputo	City
Elaine Keller	FUSD	Jessica Foos	City
Ginger Wischmann	FUSD	Lynn Hill	NAIPTA
Scott Walmer	FUSD	Rhonda Cashman	NAIPTA
Tasha Wilson	County	Allison Duff	Vera
Rebekah Meyer	County	Julie Almond	Vera
Mike Townsend	County	Shawna Bowen	Vera
Rosa Mendoza-Logan	CCC		
Kim Shaw	CCC		
Mitch Driebe	CCC		

3. AGENDA ITEMS

- A. Intro Activity
- B. Agency Updates
- C. Parenting Classes\*
- D. Mindfulness Structure of Classes\*
- E. Awards Banquet Subcommittee\*
  - a. Warriors of the Year Selection March 1st
- F. Retreat\*
- G. Location Form
- H. Environmental Scholarship\*
- I. Sugar Challenge
- J. Vera: Marketing, Integration, and Engagement
- K. Annual Survey\*
- L. Review Program Plan
- M. October Action Items
  - a. NAPEBT will check back with agencies about tracking time spent on wellness committee meetings, and trust meetings
- N. November Action Items

*\*(Decision Needed)*

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
- B. Compass