

**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 October 9th, 2015, 10:00am FUSD Administration Building, Business Office Conference Room**

MEETING NOTES

1. CALL TO ORDER 10:00AM

2. AGENDA ITEMS
 - a. Health Fair
 - i. Decorations-Katie, everyone bring what ever they have. Tasha can help with set up on Wed at 6:30pm.
 1. Katie will get spider webs
 - ii. Table Cloths-Rosa and Tasha will collect table cloths
 - iii. Signs-Katie will remake some Halloween signs and mail to Lynn to laminate
 - iv. Games- Pin the bolts on Frankenstein, Bean bag toss, Food Guess Game
 1. Katie will get plastic pumpkin buckets, food, Frankenstein game, Little toys like pencils etc as prizes
 2. Rosa will get trail mix as prizes to give away
 3. Lynn will make something on healthy lunches to put with gift bags.
 - v. Small giveaways-trail mix, pencils and erasers, healthy lunch info
 - vi. Haunted House Map-katie will make this and email out.
 - vii. Schedule-Katie will email out to confirm.
 - viii. Mail out layout to committee.
 - ix. Use \$100 to buy lunch for team pumpkin carving contest. Teams of no more than 5. Everyone will send out to their agency about this contest.
 - b. Sugar Challenge: Jan 17th-Feb 6th-TABLED
 - c. Quarterly Wellness Connection Review-No changes needed. City is up next to host.
 - d. Budget Wish List Presentation-Katie will present the committee's budget wish list at the next board meeting for \$40,000.
 - e. Updated 3 Year Plan-Tabled. Katie will email out the updated one.
 - f. Wellness Liaison Program Update-Tabled.
 - g. Trustee Interviews-Tabled.
 - h. NAPEBT Board Retreat Team Builder-Tabled.
 - i. Onsite Clinic (Conference call with Polly at Vera)
 - i. Open House-Polly took revisions and will email out new one on Monday.
 1. Additional meet and greets for each agency: Dec 8th 5-6:30, 11-1pm Dec 9th, Dec 2nd 3:30-5:30pm.
 - ii. Grand Opening-Katie will get refreshments for this event on Dec 3rd, Press Release soon, Outlook calendar invite on Monday
 - iii. Wellness Points/Clinic Integration-TABLED
 - j. Katie will change the wellness meeting to 12pm starting next month.
 - k. Will Add to all agendas Update from Whole Health Council.
 - l. Everyone will meet on Friday Oct 23rd at 9am to help put stuff together for the Health Fair.

3. ADJOURNMENT 12:00PM

