

**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 **Tuesday January 13th, 2014, 10:00am FUSD Administration 3285 E. Sparrow Ave, Business Conference Room**

MEETING NOTES

1. CALL TO ORDER 10:10AM

2. COMMITTEE MEMBERS PRESENT:

Katie Wittekind	NAPEBT
Linda Turcu	NAPEBT Intern
Amy Dries	Flagstaff Unified School District
Tasha Wilson	Coconino County
Rosa Mendoza-Logan	Coconino Community College
Jeanie Confer	CCRS

3. AGENDA ITEMS

Review Action Items

Katie:

- Found out buffalo park costs \$6.75 per hour and will cost us \$40.50 for the day. We cannot reserve it until April 1st. Linda will get application on April 1st and reserve it.
- Katie hasn't sent out Save the Date yet for Awards Banquet. Katie still needs contacts for the county.

Rosa:

- Waiting on a quote from Double Tree

Drew

- Waiting on a quote from Little America

Spring Wellness Week

Tuesday Poker Run:

- Rosa will donate one pop up tent
- Amy will try to find a pop up tent
- Katie will borrow tent from Kristen.
- Katie, Amy, Rosa will bring 3 tables
- Tasha, Rosa, Katie, Amy will bring camping chairs
- Amy will call Twin Arrows to see about a grand prize for poker run

Wednesday Food Fair:

- Katie and Linda will meet with nutritionist about providing a food demo for wellness week.
- Rosa is going to talk to Jesse about attending the food fair.

Instead of usual restaurants we want something different:

Proper meats, tourist home, New Jersey Pizza, Macy's, Pita Jungle 4-6 vendors.

Awards Banquet:

- Katie and Linda will contact Sprouts, Whole Foods, Natural Grocers, Best Buy, car dealerships for sponsors
- Rosa will contact majestic mobile.
- Amy will contact Sudden Link
- Linda and Katie will call Jakes on the Green, Thornagers, Raddisson
- Rosa will get a quote from CCC
- Tasha will call Flagstaff Ranch

Wellness Challenge

- Katie and Linda will meet with nutritionist to develop sugar challenge
- 2 tracks Beginner and Advanced
Info packet with recipes, tips, what you can get at which store.

Williams Health Fair

Tasha and Katie will talk this week

Program Changes 15/16

There will likely be changes with the new health clinic. Those are yet to be determined.

Onsite Clinic Update

A vendor should be chosen by next week.

Agency Status Update on 3 Year Plan

Tabled

Action Items:

Amy:

- Call Twin Arrows to see about a grand prize for poker run

Katie & Linda:

- Contact Proper meats, tourist home, New Jersey Pizza, Macy's, Pita Jungle for food fair
- Meet with nutritionist about providing a food demo for wellness week.
- Contact Sprouts, Whole Foods, Natural Grocers, Best Buy, car dealerships for sponsors
- Call Jakes on the Green, Thornagers, Double Tree
- Meet with nutritionist to develop sugar challenge

Rosa:

- Talk to Jesse about attending the food fair
- Contact majestic mobile for sponsorship
- Get a quote from CCC for banquet location

Tasha:

- Call Flagstaff Ranch for banquet location

ADJOURNMENT

11:35AM