

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 13th, 2015, 10:15am FUSD Administration Building, Professional Library**

MEETING NOTES

1. **CALL TO ORDER** 10:20AM

2. COMMITTEE MEMBERS PRESENT

Katie Wittekind	NAPEBT
Jen Moore	Flagstaff Unified School District
Tasha Wilson	Coconino County
Rosa Mendoza-Logan	Coconino Community College
Drew Baecker	City of Flagstaff

3. AGENDA ITEMS

- a. NAPEBT Board Retreat Team Builder: Bob asked us not to do it this year. We will do something next year.
- b. Sugar Challenge: Jan 17th-Feb 6th
 - i. We decided to do 3 levels this year
 1. Level One: Cutting Back, in this level participants will make personal goals to cut back on their sugar intake
 2. Level Two: Cutting Out, in this level participants will remove all sugary drinks, cookies, cakes etc.
 3. Level Three: Final Cut, In this level participants will temporary remove all things that strongly effect the blood sugar for a detox.
 - ii. We will add the disclaimer discussed to all Sugar Challenge Info
 1. This challenge is meant to be a temporary transformation of your current diet. The challenge allows individuals to regulate blood sugar, reduce inflammation in the body and begin a healing process of digestion. The foods that have been restricted from the challenge are to aid in the resetting of your health, habits and taste buds and are not meant to be seen as necessarily unhealthy nor do they need to be restricted from your diet on a permanent basis.
 - iii. We will provide optional food logs but require they fill out weekly surveys.
 - iv. The prize for finishing will be some sort of food basket with a recipe.
 - v. We will give all participants a wrist bracelet
- c. Dependent options for Wellness Program-Tabled this item until we get Vera on board and see what our wellness website options are.
 - i. Katie will create marketing for dependents access to wellness classes.
- d. Awards Banquet: April 28th
 - i. Tasha-will get quote from Jakes (new name?)
 - ii. Jen-FUSD Catering quote
 - iii. Rosa-CCC quote for location
 - iv. Katie-Quote from kilted kat for location
- e. Updated 3 Year Plan-Everyone get the update from wellness committees to present to board in Jan for next wellness committee meeting
- f. Health Fair-Tabled
 - i. Review and ideas for next year
- g. Onsite Clinic

- i. Grand Opening Flow: Program
 1. Speaking:
 - a. 2 min speech by Ryan CEO
 - b. 2 min speech by Bob Kuhn
 - c. 2 min speech by Mayor
 2. Ribbon Cutting by May while Ryan and Bob hold ribbon
 3. Photography with all elected officials and one rep from each agency –Karin will take photo plus media.
 4. Snacks/drinks, plates, cups forks etc.-Katie
 5. Rope off parking lot-Drew will ask at the City
 6. Table cloth, table and balloons-Polly will get
- ii. Katie will email the agenda for the ribbon cutting to speakers and committee
- h. Update from Whole Health Council (begins in December)

4. ACTION ITEMS

- a. **Katie** will email the agenda for the ribbon cutting to speakers and committee
- b. **Katie** will create marketing for dependents access to wellness classes.
- c. **Katie** will update Sugar Challenge materials with discussed changes.
- d. **Katie** will get a quote from Kilted Kat for Awards Banquet
- e. **Katie** will get Snacks/drinks, plates, cups forks etc. for Ribbon Cutting
- f. **Polly** will get table, table cloth, and balloons for Ribbon Cutting
- g. **Everyone** get the update from wellness committees to present to board in Jan for next wellness committee meeting
- h. **Tasha**-will get quote from Jakes (new name?)
- i. **Jen**-FUSD Catering quote
- j. **Rosa**-CCC quote for location
- k. **Drew** will ask city about roping off parking lot

5. ADJOURNMENT 12:00PM