

**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 14th, 2014, 1:00pm Coconino County HR 420 N. San Francisco St. Bright Angel Room**

**MEETING NOTES**

1. CALL TO ORDER

1:00PM

2. COMMITTEE MEMBERS

Katie Wittekind	NAPEBT
Jen Moore	Flagstaff Unified School District
Amy Dries	Flagstaff Unified School District
Tasha Wilson	Coconino County
Rosa Mendoza-Logan	Coconino Community College
Jeanie Confer	CCRSB
Deborah Beals	FHA
Shannon Anderson	City of Flagstaff
Drew Baecker	City of Flagstaff
Lynn Hill	NAIPTA

3. ACTION ITEMS

Committee reviewed the updated Wellness Blue Print. Katie will email out final draft.

Spring Wellness Week: April 27<sup>th</sup>-May 1<sup>st</sup> Poker Run- Have one for County, FUSD & CCASD & CCC, Recipe Exchange, Biking Event, Alpine Peddler, Sports Tournament.

Awards Banquet: Thursday April 30<sup>th</sup>. 6-8pm. Committees members will email Katie confirmation that no other event is happening on that date.

Wellness Challenge: 2<sup>nd</sup> 21 Day Sugar Challenge, Accountability, Teams or Singles, with both team and single prize, Measureable outcomes,

Wellness Intern will be interviewing next week. Only one interview so far.

Plan Page /Williams Health Fair: Tasha will get back to Katie about Williams. Tasha, Rosa, Katie, and Jeanie will be in Page on the 20<sup>th</sup>. All raffle items and good bags are ready to go.

December Retreat Team Building: We will have dinner Thursday night. Ideas for additional team building: napkin poetry, weirdest job, question ball.

Gather Material for Newsletter: Each agency will gather info on wellness events, employees etc. to add to newsletter and email to Katie by January 1<sup>st</sup>.

Agency Status Update on 3 Year Plan: County Safety and Wellness committees will combine as of January, Katie will meet with FUSD Wellness Policy Committee to see if they will broaden their scope. CCC has no leads on a committee. NAIPTA committee is working on Communication Plan.

4. ADJOURNMENT                      2:45PM