

**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 December 12th, 2014, 10:00am FUSD Administration 3285 E. Sparrow Ave, Board Room**

**MEETING NOTES**

1. CALL TO ORDER 10:10AM

2. COMMITTEE MEMBERS PRESENT:

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	CCRS
Drew Baecker	City of Flagstaff
Lynn Hill	NAIPTA

3. AGENDA ITEMS

- Review Action Items: Everyone was okay with the wellness week dates. Tasha will get back to Katie about the Williams Health Fair.
- Spring Wellness Week:
  - Trust wide Poker Run Tuesday April 28<sup>th</sup> at Buffalo Park 11-1pm, 3:30-5:30pm 30 walk Is East Loop long enough? 5 decks of cards.
  - Food Fair Wednesday at the Aquaplex Wednesday April 29<sup>th</sup> 4-6pm Brix, Criollo, Chipotle, Pita Jungle, Picassos, Wild Flower, Brandy's, Taverna, Pato Thai, Hiro's, Karma, 7ate9, Cuvee, The Patio, Diablo Burger, Mix, Satimos, Mt Oasis, Busters
  - Awards Banquet: NAU restaurant, CCC (catering by: Thornagers, Simply Delicious, Main Street), Jakes on the Green, Radisson, Little American
- Wellness Challenge: Sugar Challenge, Month of April 1-21<sup>st</sup> It was discussed to get a cooking/kitchen prize: Dehydrator, Pressure Cooker, Vitamix, Crockpot,
- Wellness Intern: Linda Turcu starts January 12<sup>th</sup> and will be housed with Katie
- Williams Health Fair was discussed. Allison (County HR Director) wanted to keep the event if we had done the event in the past. We have not done the event. Tasha will check how many employees are actually working in Williams and talk to Allison since this would be the first fair in Williams.
- January Newsletter was discussed. Katie requested everyone send info to add for January send out.

- Program Plan Changes: Committee discussed wellness vendors and class sizes. Katie will bring attendance of classes to next meeting so committee can determine if all programs should continue.
- Agency Status Update on 3 Year Plan: County's wellness committee should be integrated with safety by January. No luck on FUSD wellness committee. Rosa is asking events committee to consider wellness at next meeting.

4. ACTION ITEMS

All Committee Members:

- Email Katie the contact for their top management for the save the date of the Awards Banquet.
- Email Katie info for the January Newsletter

Katie:

- Email out a save the date on the awards banquet to Trust, FUSD Superintendents, City Council, County Superintendent, County Board of Supervisors. NAIPTA Management
- Find out if we need a permit at Buffalo Park for our Poker Run
- Bring attendance of classes to next meeting so committee can determine if all programs should continue.
- Contact vendors for food fair.
- Contact companies to sponsor a table at our Awards Banquet.
- Contact Jakes on the Green for a quote for the Awards Banquet.

Drew:

- Call Little America and get a quote for Awards Banquet

Rosa:

- Call Radisson and CCC for a quote/approval for Awards Banquet

Jeanie:

- Call NAU for quote for Awards Banquet

Tasha:

- Get back to Katie about Williams Health Fair

5. ADJOURNMENT

11:45AM

6. NEXT MEETING

Tuesday January 13<sup>th</sup> 10am-12pm FUSD Building