

**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 February 13th, 2014, 10:00am City Hall 211 W. Aspen Ave, Council Conference Room**

MEETING NOTES

1. CALL TO ORDER 10:10AM

2. COMMITTEE MEMBERS PRESENT

Katie Wittekind	NAPEBT
Linda Turcu	NAPEBT Intern
Rosa Mendoza-Logan	Coconino Community College
Jeanie Confer	CCRS
Drew Baecker	City of Flagstaff
Lynn Hill	NAIPTA

3. AGENDA ITEMS

Review Past Action Items

Amy:

- Call Twin Arrows to see about a grand prize for poker run-*Linda is going to check with Amy about this-If they don't donate a room can we buy at a gov't rate?*

Katie & Linda:

- Contact Proper meats, tourist home, New Jersey Pizza, Macy's, Pita Jungle for food fair-*So far only Proper Meats and New Jersey Pizza, Jesse are interested.*
- Meet with nutritionist about providing a food demo for wellness week.-*Betsy has agreed to do food demo for food fair.*
- Contact Sprouts, Whole Foods, Natural Grocers, Best Buy, car dealerships for sponsors-*APS, T-mobile, Natural Grocers, Sprouts, Suddenlink: Linda has sent the letters to the corporate offices.*
- Call Jakes on the Green, Thornagers, Double Tree-*Decided to do awards banquet at Double Tree.*
- Meet with nutritionist to develop sugar challenge

Rosa:

- Talk to Jesse about attending the food fair-*Yes he will be there*
- Contact majestic mobile for sponsorship-
- Get a quote from CCC for banquet location-*did that we decided Double tree instead.*

Tasha:

- Call Flagstaff Ranch for banquet location-no need.

Spring Wellness Week April 28-30

Food fair is now 4:30-6:30pm at Aquaplex, recipe exchange if we don't get more vendors, Linda and Katie will keep working on vendors

Awards Banquet-Thursdays April 30th 6pm

Photography: Drew will ask city employee if she can do it. Jeanie will ask Dave at CCASD if he'll do it.

Maybe we'll do a special plaque for a Wellness Warrior of the Year Award.

Decorations-:Linda will find out linens and centerpieces by Double Tree.

Linda will ask about back drop to stage for awards banquet

Drew will ask Shannon about her Husband doing a show at our event.

Katie will Mike Townsend about doing a closing speech at the event.

Katie will print out invites to send out March 30th. RSVP by April 17th.

Katie will send out an email reminder about the event the week of.

Sugar Challenge

2 levels: Level One: Switch Foods, Level Two: Remove all sugar

Food Logs optional-Sleep/Mood logs required.

People will register for this event

Linda will email grocery store list, recipes,

Flyer was sent out today

Order sugar challenge bracelets for all participants, T-shirts for people who complete the challenge.

Event software

Tabled

Wellness Retreat

Will be July 2015, invite all wellness committees, maybe 40 people total

Program Changes 15/16

Talked about not wanting to provide classes and replace gyms in town and provide small group and one on one coaching by dr. referral in our clinic.

Onsite Clinic Update

Looking at spaces. Need enough room.

Agency Status Update on 3 Year Plan

City and CCC have started a wellness committee! And CCC has budget money for wellness!

4. ADJOURNMENT

12:00pm