

**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 March 13th, 2014, 10:00am County Human Resources 420 N. San Francisco St., Bright Angel Room**

MEETING NOTES

1. CALL TO ORDER 10:05AM

2. COMMITTEE MEMBERS

Katie Wittekind	NAPEBT
Linda Turcu	NAPEBT Intern
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
Deborah Beals	FHA
Shannon Anderson	City of Flagstaff
Drew Baecker	City of Flagstaff
Lynn Hill	NAIPTA

3. AGENDA ITEMS

a. Review Past Action Items

i. Amy will contact Twin Arrows and get room for 2 as a prize for poker run.

b. Spring Wellness Week April 28-30

i. agency events-Meg will email Katie flyers for events

ii. agency food fair booths- CCC, City, County, FUSD, and NAIPTA will have a booth

1. Amy will check with Joe on providing food for FUSD

2. Each agency will discuss with their committees and plan on a table at the food demo

iii. agency sponsored booths at poker run-Amy will email FUSD to get some volunteers

c. Awards Banquet-Thursdays April 30th 6pm

i. Agency nominations-We have collected 19 nominations and will wait until March 27 to decide who to invite.

ii. Photography: Catilin at NAU Quoted \$250, Michelle Lurvey quote \$100/hr.

Committee decided on hiring Michelle for the event. \$200 6-8pm. Katie will email Michelle and meet up to discuss event.

iii. County Manager-Meg will speak to her about doing the closing speech.

iv. American Heart Association -attend to present award-katie will follow up.

v. Katie will order plaque and make certificates for the rest.

vi. Katie will purchase photo holder for tables

vii. Linda will follow up on decorations

viii. Katie will make info sheets for the tables

ix. Katie will print invite with agenda on back and give to each agency to distribute by March 25th. Print 200.

x. Drew will follow up with Shannon on Jamie doing comedian

d. Sugar Challenge

i. Wrist Band: Fight The Sugar Monster, Green and Purple

ii. T-Shirt: Gray shirts with black lettering, "No sugar thanks, I'm sweet enough."

e. Event software: eventbrite.com works for your agency and emails.

- f. Wellness Retreat: Thursday 25th 9-3pm, Katie will email that to everyone to make sure this date doesn't conflict.
- g. Healthy Living Training-Tabled, Katie will send to Meg
- h. Budget-Tabled
- i. Program Changes 15/16 -Tabled
 - i. monthly themes
 - ii. out to bid for Wellness vendors
 - iii. on going classes vs. 6 week classes-Nutrition, Stress,
 - iv. add stress program -tabled
- j. Open Enrollment-tabled
 - i. Presentations to leadership/employees on wellness program, 3 year plan, clinic
- k. Onsite Clinic Update-Tabled
- l. Agency Status Update on 3 Year Plan-tabled

4. ADJOURNMENT 12:00PM