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WORKING FOR A HEALTHIER TN

August Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives.

Agenda

Active Health Presentation
Fun Fact Challenge
How We Can Help
Celebrate a Healthier YOU
Awards Ceremony Recap
Here4TN Scavenger Hunt
August Health Observances
Upcoming Schedule
Sharing

June Fun Fact Challenge!

Congratulations to
Jill Wilder
Commerce & Insurance



Fun Fact Challenge!

The Rules

The 1st Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

In the event of a tie, a fourth question will be used as a tie breaker.

You **MUST** type out the complete answer (A, B, C, etc. will not count.)

Fun Fact Challenge!



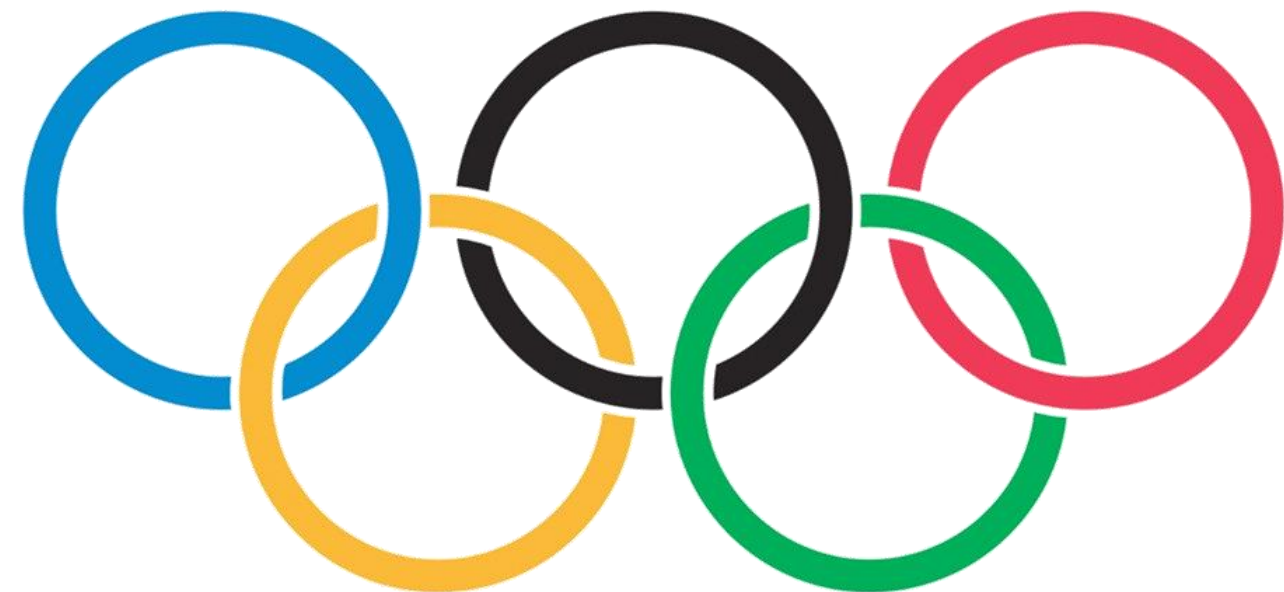
Morgan McFarlane

Fun Fact Challenge!

Question #1

The six colors of the Olympic rings – blue, yellow, black, green, red, and the white background – were chosen because every nation's flag contains at least one of those colors.

True or False?

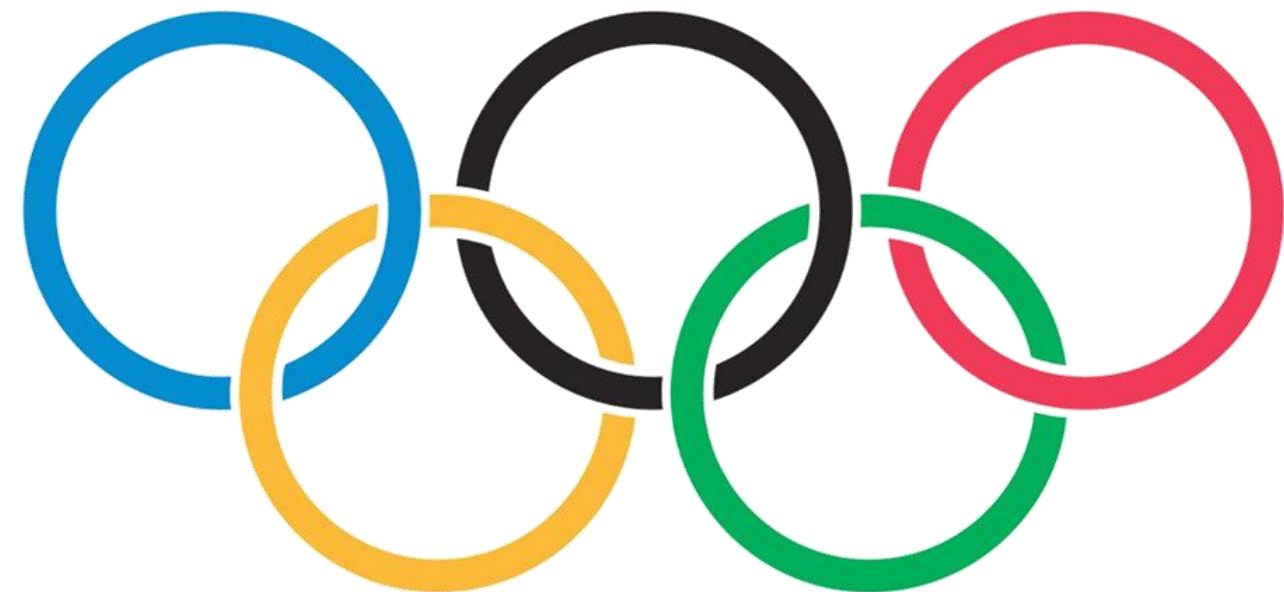


Fun Fact Challenge!

Question #2

The first official Olympic mascot was Waldi, the ____, at the 1972 Games in Munich.

- A. German Shepherd
- B. Great Dane
- C. Dachshund



Fun Fact Challenge!

Question #3

SNAP (supplemental nutrition assistance program) benefits can be used at the Farmers Market?

True or False?



Fun Fact Challenge!

Tie Breaker

This month's name was changed to August in ___ BCE to honor Augustus Caesar.

- A. 6
- B. 8
- C. 10



We are here to help!

WORKING FOR A HEALTHIER TN

HOW WE CAN HELP YOU!

<p>COMMUNICATION</p> <ul style="list-style-type: none">• Emails• Fliers• Handouts• Newsletters• Posters	<p>PRESENTATIONS</p> <ul style="list-style-type: none">• Create new/edit existing• In-person (Lunch 'n Learns)• Webinars (WebEx)• Request a topic from <u>provided list</u>	
		
<p>MEETINGS</p> <ul style="list-style-type: none">• New Wellness Council Chair & member meetings• Strategy meetings• Attend scheduled Wellness Council meetings	<p>ON-SITE ACTIVITIES</p> <ul style="list-style-type: none">• Help facilitate on-site events & activities	<p>CHALLENGES & ACTIVITIES</p> <ul style="list-style-type: none">• Create new/edit existing challenges• Contribute ideas

Need help with something else? Contact us at wfmt.tn@tn.gov.

CELEBRATE A HEALTHIER YOU!

September 1st-30th

Join us in September as we celebrate all that makes YOU healthier. This challenge is about *overall* wellness (mental health, physical health, nutrition and more). Each day you will engage in a different healthy habit.

Annual Awards Ceremony

Congratulations to ALL winners!

**2020 Overall Award Winner:
Department of Human Resources!**



Here4TN Scavenger Hunt!

Link will go LIVE on Monday, August 10th at 8 a.m. CST

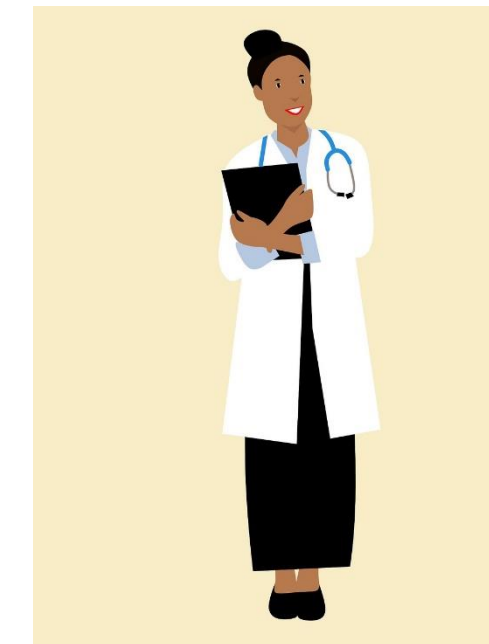
Check out the prizes!



August Health Observances



**NATIONAL FARMERS
MARKET WEEK**



**NATIONAL HEALTH
CENTER WEEK**

Upcoming WFHTN Schedule

Celebrate a Healthier YOU Challenge

All Wellness Council Challenge
September 1st-30th

September Wellness Council Webinar

Thursday, September 3rd
9 a.m. – 9:30 a.m. Central



Sharing



Questions





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