

**Wellness Council Webinar Notes
November 7, 2019 @ 9:00 a.m. CST**

Welcome

Good morning everyone! Thank you for joining the November Wellness Council webinar.

- Today's agenda includes:
 - Monthly Fun Fact Challenge
 - Guest Speakers
 - WFHT Updates
 - Upcoming Dates
 - Roll Call & Sharing

Monthly Fun Fact Challenge

- Congratulations to the November Fun Fact Challenge Champion: Kirby Fye from the Department of Mental Health & Substance Abuse Services

Point Tracker Spotlight: Q2

- **Lunch 'n Learns**
 - You may have noticed that Lunch 'n Learns are promoted on every quarterly Point Tracker.
 - This is because they are such a great way to educate and inform your employees about important health-related issues.
 - On the Q2 Point Tracker, there are three different opportunities to host a lunch n' learn (in-person or via webinar) for your department; each worth 15 points!
 - Here are a few suggested lunch n' learns for each focus area.
 - If you're unsure about how to schedule one of these options, please reach out to your Regional Wellness Coordinator.

WFHT Updates

- **Top 6 Tournament**
 - Last year, eight departments made it into our end of year tournament for the Overall Award.
 - This year, we'll have a Top 6 Tournament!
 - Remember, the top two departments (after Q3) from *each division* will be placed in this year's Top 6 Tournament for the Overall Award.
 - More details to come next month!
 - Shout out to our most recent Overall Award winner – DIDD – who was recently honored for their incredible workplace wellness efforts by Governor Lee during a group photo at the Capitol. He asked if he could have a couple of pieces of fruit from the trophy and, of course, DIDD said yes!
- **2020 All-Department Physical Activity Challenge (ADPAC)**
 - The ADPAC will be back again this fiscal year!
 - This year's theme is "Movin' Thru Tennessee."
 - During Spring 2020, all departments can compete in the All-Department Physical Activity Challenge.

- The department to reach the highest average physical activity miles will be the challenge winner.
- As participants compete, they will move through middle Tennessee, reaching milestones along the way.
- This challenge will begin on March 23 and end on April 19
- More information about this challenge coming soon!

Upcoming Monthly Handout Topics

- November: Great American Smokeout
- December: Healthy Holidays
- Reminder that these can always be found on our WFHT website at <https://www.tn.gov/wfhtn/resources/monthly-handout.html>

November Health Observances

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [Great American Smokeout](#) (Nov. 21)

Upcoming Schedule

- December Wellness Council Webinar
 - Thursday, December 5th at 9 a.m. Central
- Q2 (Oct-Dec) Point Tracker
 - Due December 30th
- You can access all WFHTN Monthly Webinar Archives at <https://www.tn.gov/wfhtn/archives.html>

Roll Call & New Department Ideas/Events

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
 1. Agriculture
 2. Children's Services
 3. Commerce and Insurance
 4. Commission on Aging and Disability
 5. Correction
 6. Economic and Community Development
 7. Education
 8. Environment and Conservation
 9. Finance and Administration
 10. Financial Institutions
 11. General Services
 12. Health
 13. Human Resources
 14. Human Services
 15. Intellectual and Developmental Disabilities
 16. Judicial Branch
 17. Labor and Workforce

18. Mental Health and Substance Abuse Services
 19. Military
 20. Revenue
 21. Safety and Homeland Security
 22. TBI
 23. TennCare
 24. Tourism
 25. Transportation
 26. Tricor
 27. TWRA
 28. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Remember that these webinar notes are accessible on our website shortly after. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.