

## **Wellness Council Webinar Notes**

### **April 4, 2019**

#### **Welcome**

- Good morning everyone! Thank you for joining the November Wellness Council Webinar.
- Today's agenda includes:
  - Monthly Fun Fact Challenge
  - Guest Speakers
  - Important Challenge Updates
  - April Health Observances & Holidays
  - Upcoming Dates
  - Roll Call & New Program Ideas

#### **Monthly Fun Fact Challenge**

- Congratulations to the Monthly Fun Fact Champion: Denise, Department of Human Services

#### **Guest Speakers**

- Here4TN – Melissa Ward
- Department of Health Red Cross Coordinator – Chelsea Ridley

#### **Important Challenge Updates**

- 2019 All-Department Physical Activity Challenge – Allison Nance
- 2019 Top 8 Tournament – Kayla Livesay

#### **April Health Observances & Holidays**

- Stress Awareness Month (April)
- National Public Health Week (April 1-7)
- World Health Day (April 7)
- National Healthcare Decisions Day (April 16)
  - An [advance directive](#) is a written statement of a person's wishes regarding medical treatment, made to ensure those wishes are known should the person be unable to communicate them to their medical team. Honoring Choices® Tennessee is a group of organizations who believe that each Tennessean's health care choices should be recorded and honored in such situations.
  - Be on the lookout for more info about this in your Regional Wellness Coordinator's newsletter.
- National Park Week (April 20-28)

#### **Upcoming Dates**

- May Wellness Council Webinar
  - Thursday, May 2nd at 9 a.m. Central
- Q4 (April-June) Point Tracker
  - Ends Friday, June 28th
- 2019 All-Department Physical Activity Challenge and 2019 Top 8 Tournament
  - May 13th – June 7th

## Roll Call

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

Thank you all for attending today's webinar. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.