

# Wellness Council Webinar

June 2023



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Encouraging and enabling state employees to lead healthier lives

# Today's Agenda

- **Quarterly Activity List**
- **What's New from WFHTN**
- **Wellness Council Spotlights**
- **Upcoming Schedule**

# Shoutouts!

**Samantha Wilson – June 23**  
**(Department of Agriculture)**



# Quarterly Activity List

# June Challenge Suggestions

## Happiness Challenge

- Monday, June 12 – Friday, June 23
- Let's Laugh - Friday, June 23 from 10-10:15 a.m. CT
  - [Sign up for the challenge communications](#) by Friday, June 9.

## Make a fruit and/or veggie-focused recipe!

- National Fruits & Vegetables Month
  - Send us a snapshot of your creation.





# June Activity Suggestions



**Show off your favorite spot to take your lunch hour!**

- National Take Back the Lunch Break Day is Friday, June 16.
- Send us a snapshot of your creation.
- Five participants chosen at random will win a prize!

# June Sharing Suggestions

- **Get Out! 5 Benefits of Outdoor Exercise** - Great Outdoors Month
- **Men's Health Month**
  - **Men's Health Month Handout**
  - **Men's Health (Presented by ActiveHealth)** - Wednesday, June 7 from 11-11:30 a.m. CT
- **National Eat Your Vegetables Day** (June 17)
  - **Veg Out: All About Vegetables** - Thursday, June 15 from 1-1:30 p.m. CT
- **Seasoning with Herbs & Spices** - National Herbs and Spices Day (June 10)

# What's New?



# New Wellness Calendar & Events

## Joyful in June



| Week              | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|-------------------|--|--|--|--|---|
| <b>June 1-2</b>   | <b>June is Great Outdoors Month!</b><br>Getting out in nature has numerous health benefits. Read more in <a href="#">Get Out! 5 Benefits of Outdoor Exercise</a> .<br><br><b>Please note:</b> All times listed are in the Central time zone. |  |  | Take a <b>Fitness Break</b> with DCS on Thursdays from 10-10:15 a.m. ( <a href="#">Calendar invite</a> )                           | Join <b>Yoga for All</b> every Friday from 12-12:15 p.m. ( <a href="#">Calendar invite</a> )  |
| <b>June 5-9</b>   | Join the <b>Happiness Challenge</b> from June 12-23. <a href="#">Sign up by June 9!</a>  | Join us every Tuesday for a <b>Dance Break</b> from 11:45 a.m. - 12 p.m. ( <a href="#">Calendar invite</a> ) | Join the <b>Men's Health</b> webinar (presented by ActiveHealth) from 11-11:30 a.m. ( <a href="#">Calendar invite</a> )                | Refresh with <b>TDOE's Meditation Break</b> every Thursday from 11:15-11:30 a.m. ( <a href="#">Calendar invite</a> )               | June is Fresh Fruits & Vegetables Month! Try this <b>Blueberry Banana Smoothie</b> .  |
| <b>June 12-16</b> | Explore the beauty of our state by visiting one of the many Tennessee <b>Greenways, Trails or State Parks!</b>   | Find support near you with the new <b>Optum Health Community Connector!</b>                                  | Take a <b>10-minute Fitness Break</b> with DHS from 11-11:10 a.m. ( <a href="#">Calendar invite</a> )                                  | Learn about <b>Veg Out: All About Vegetables</b> from 1-1:30 p.m. ( <a href="#">Calendar invite</a> )                              | Show off your favorite lunch spot for <b>National Take Back the Lunch Break Day!</b> Send your pics (with permission) to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> |
| <b>June 19-23</b> | <b>Juneteenth</b><br>Learn the history of this important day.  | Check out this <b>Men's Health Month Handout</b> .   | Give your mind a break at <b>Meditation with Nat</b> from 11:30 a.m. - 12 p.m. ( <a href="#">Calendar invite</a> )                     | <b>Baked Kale Chips</b> can support eye health, weight management, heart health & more!  | Come to <b>Let's Laugh</b> from 10-10:15 a.m. ( <a href="#">Calendar invite</a> )   |
| <b>June 26-30</b> | Join <b>Yoga for All</b> every Monday 12-12:15 p.m. ( <a href="#">Calendar invite</a> )  | Cool off with some <b>Homemade Strawberry Popsicles</b> .  | <b>Yoga for All</b> is relaxing for all fitness levels. Join us every Wednesday from 12-12:15 p.m. ( <a href="#">Calendar invite</a> ) | Join us from 12-12:15 p.m. for a <b>Stretch Break</b> to help feel less stiff and more mobile. ( <a href="#">Calendar invite</a> ) | It's not summer without <b>Red Potato Salad Made Healthy</b> .  |

### Upcoming Events June 2023

#### Workouts

**Yoga for All**  
 Mondays from 12-12:15 p.m.  
[Link to join](#). [Calendar invite](#).

Wednesdays from 12-12:15 p.m.  
[Link to join](#). [Calendar invite](#).

Fridays from 12-12:15 p.m.  
[Link to join](#). [Calendar invite](#).

**Dance Break**  
 Tuesdays from 11:45 a.m.-12 p.m.  
[Link to join](#). [Calendar invite](#).

**DHS 10-Minute Fitness Break**  
 Wednesdays from 11-11:10a.m.  
[Link to join](#). [Calendar invite](#).

**DCS Fitness Break**  
 Thursdays from 10-10:15 a.m.  
[Link to join](#). [Calendar invite](#).

**Stretch Break**  
 Thursday, June 29 from 12-12:15 p.m.  
[Link to join](#). [Calendar invite](#).



#### Challenge

- Happiness Challenge** (Monday, June 12 – Friday, June 23)
- Complete daily activities that support a happier and more fulfilling lifestyle!
  - Grab the [challenge calendar](#).
  - [Sign up](#) for the challenge communications by Friday, June 9.
  - Ten participants chosen at random will win a prize!



#### Activities & Webinars

**Meditation Break (TDOE)**  
 Thursdays from 11:15-11:30 a.m.  
[Link to join](#). [Calendar invite](#).

**Men's Health (Presented by ActiveHealth)**  
 Wednesday, June 7 from 11-11:30 a.m.  
[Link to join](#). [Calendar invite](#).

**Veg Out: All About Vegetables**  
 Thursday, June 15 from 1-1:30 p.m.  
[Link to join](#). [Calendar invite](#).

**Meditation with Nat**  
 Wednesday, June 21 from 11:30 a.m.-12 p.m.  
[Link to join](#). [Calendar invite](#).

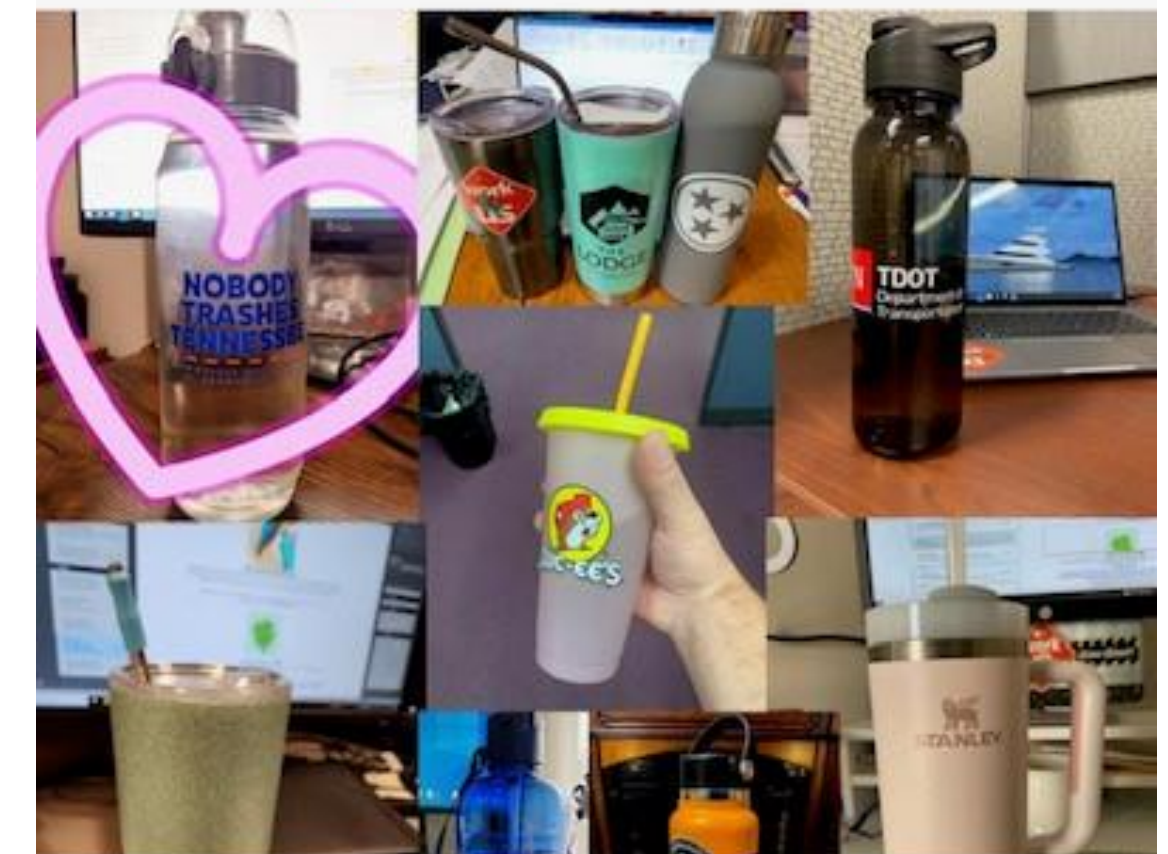
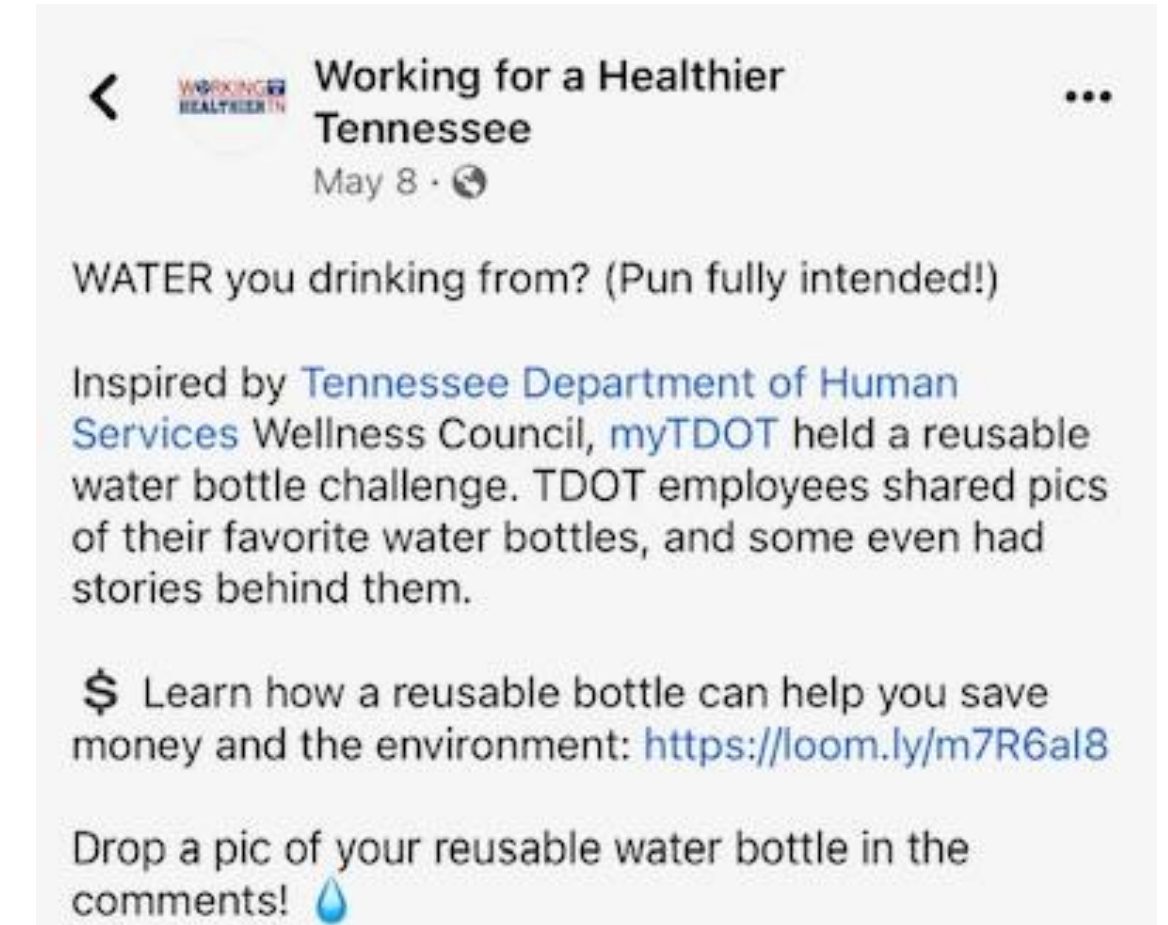
**Let's Laugh**  
 Friday, June 23 from 10-10:15 a.m.  
[Link to join](#). [Calendar invite](#).

Please note: All times are listed in Central time zone.  
 For more information about these events, visit [www.tn.gov/wfhtn/challenges/wellness-events.html](http://www.tn.gov/wfhtn/challenges/wellness-events.html).





# New Social Media





# 2023 Annual Celebration



*Wellness*  
**IS A JOURNEY**

July 20, 2023  
10 a.m. - 12 p.m. CT  
Tennessee State Library & Archives


Please be sure to [register](#) by Thursday, June 8.

# Wellness Council Spotlights

# Notes of Gratitude

## Department of Intellectual and Developmental Disabilities



**Note of Gratitude** 

I'm thankful for:

Because of you:





# Photo Contest



Department of Children's Services





# State Employee Recognition Day

## Department of Revenue

**TN** Tennessee Department of Revenue   
 May 10 at 4:20 PM · 

Check out some of the Revenue gatherings that happened for State Employee Recognition Day around the state! We know we have many more to come throughout the week! Our divisions kicked it out of the park! (literally in many cases!)




**REVENUE**  
**Employee Appreciation Day**  
 May 11, 2023  
 Ground Floor Conference Room

|                                      |                          |
|--------------------------------------|--------------------------|
| <b>WELCOME &amp; OPENING REMARKS</b> | <b>9:00-9:10 A.M.</b>    |
| <b>TENNESSEE Pictionary</b>          | <b>9:10-9:40 A.M.</b>    |
| <b>WELLNESS TRIVIA</b>               | <b>9:40- 10:00 A.M.</b>  |
| <b>SUPERLATIVE AWARDS</b>            | <b>10:00- 10:20 A.M.</b> |
| <b>CLOSING REMARKS</b>               | <b>10:20- 10:30 A.M.</b> |





# Upcoming Schedule

## July Wellness Council Webinar

Thursday, July 6 from 9-9:45 a.m. CT

## Quarter 4 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

*For our full virtual event list, please visit*

*<https://www.tn.gov/wfhtn/challenges/wellness-events.html>*

# Your Updates



WHAT'S  
GOING  
ON?

# Questions







**Don't miss an update!**

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