

WFHTN Wellness Council Webinar Notes

Feb. 2, 2023

Welcome

- Hello everyone! Thank you for joining our February Wellness Council Webinar.
 - Please go ahead and type your agency in the chat to let us know who you're representing!
- Today's webinar agenda includes:
 - WFHTN Team Update
 - Guest Speaker: RetireReadyTN
 - Quarterly Activity List
 - What's New?
 - Wellness Council Spotlights
 - Upcoming Schedule

WFHTN Team Update

- **We're excited to announce a new teammate here at Working for a Healthier Tennessee! Kristina Giard-Bradford is our new Wellness Coordinator.**
 - She may look just a little familiar and that's because Kristina is joining our team from the Department of Health. Kristina was actively involved with the Wellness Council and regularly hosted yoga sessions.
 - Kristina has a bachelor's degree in social work from The University of New Hampshire and her Master of Art in Education from Tennessee State University. She has experience as a public health educator, grant manager on projects related to preventing chronic diseases, as well as social work experience with the elderly, families and youth. Kristina is certified as a yoga instructor, laughter yoga leader, life coach and Tennessee naturalist. She believes in finding the balance of programs that touch individual lives with policy that impacts a population. She tries to "walk the talk" herself incorporating work wellness breaks and other physical activity and healthy eating into her daily life.
 - Kristina's interests are yoga, walking, biking, kayaking (on gentle waters), spending time with her husband and two cats and getting out in nature. She is originally from New Hampshire and moved to Nashville in 1997 after spending a few years in Seattle. She's not sure if she can call herself a Nashville native, but she loves it here, and she's excited to serve her Tennessee colleagues as a new wellness coordinator.

Guest Speaker – Drew Freeman, RetireReadyTN

Drew Freeman is the Director of Outreach for the Tennessee Treasury Department. Drew oversees the outreach team, serving all regions of the state, in educating participating employers about Treasury programs. These programs include RetireReadyTN, Treasury's retirement initiative combining the strengths of the Tennessee Consolidated Retirement System, and the Deferred Compensation Program (401k/457) with holistic retirement education. Drew oversees Treasury's effort to educate agency leaders on available retirement benefits, onboard new local government employers to the retirement programs, support participating employers with monthly reporting to TCRS, and provide comprehensive retirement readiness counseling to TCRS members and Deferred Compensation participants.

2023 Annual Celebration

- Thank you for your insight last month about our 2023 Annual Celebration. We have reviewed the feedback and determined we will have an in-person celebration this year! We are so excited for the opportunity to see you all in-person again. We will share more details soon!

Quarterly Activity List

- We are in the middle of quarter 3!
- We have some suggestions to help you earn gold [Achievement Level](#) status this fiscal year.
- As a reminder, our team strives to ensure we're hosting and providing challenges, activities and resources, so all you need to do is promote them.
- Your Wellness Council activities are, of course, up to you to complete.
- Here are some suggestions for February:
 - Share information related to:
 - **American Heart Month**
 - [Wear Red Day](#) (Friday, Feb. 3)
 - [Daily Tips to Stay Active](#)
 - [How to Add Flavor with Herbs & Spices](#) (9 minutes) from American Heart Association
 - [Here4TN resources](#) for Relationship Wellness Month
 - Activities and webinars you can promote:
 - Participate in our [21 Days to a Healthy Heart Challenge](#) from Feb. 8 – Feb. 28. *Three participants chosen at random will win a prize!*
 - Host or promote and join our [Livestream Walking Workout](#) on Thursday, Feb. 16 from 1-1:15 p.m. CT.
 - Create a sweet treat using one of our [Dessert Recipes](#). Send photos to WFHT.TN@tn.gov.

What's New?

- **New YouTube Videos**
 - Our team continues to create health and wellness YouTube videos that you can share with your colleagues.
 - For example, do you want to save money and eat healthier meals? Try meal planning! Wellness Coordinator and Registered Dietitian Nutritionist Morgan McFarlane offers practical tips to help you get started. <https://youtu.be/2LZGdbcaQbU> (3 minutes, 17 seconds)
 - Communications Coordinator Natalie was skeptical about the black bean brownies recipe on our website. How could this dessert taste like anything but black beans? She decided to put it to the test. Check out her video to see what she thought! <https://youtu.be/T--6F-K4u4I>
- **Wellness Events**
 - Grab our February daily wellness calendar, February events flyer and see our virtual events on our Wellness Events webpage under the Activities & Challenges drop-down menu: <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
- **WFHTN Social Media Shoutouts**
 - In our January Wellness Council Webinar, we shared our new social media strategy with you and invited you to please share/tag any photos or videos from your agency.
 - Here are some examples from January...

- Pictured on the LEFT: Our very own Kayla Livesay and Kristina Giard-Bradford participated in week 3 of our Find YOUR Fitness Challenge and “engaged in an activity with a co-worker”! Here they’re finding a few minutes in their busy workday to stretch and refresh.
- Pictured on the RIGHT: Is a homemade “[Dorito](#)” flavored popcorn from Latamera Woodley (with DHS)! She joined us in celebrating Jan. 19’s National Popcorn Day, and you can look out for her photos to shared on our social accounts soon 😊
- Thank you to all who shared. And remember, with your help, we hope this strategy will bring more awareness to your individual Wellness Councils, and engagement to your workplace wellness activities!

Wellness Council Spotlights

- **Department of Labor and Workforce Development**
 - In January, Labor and Workforce’s Wellness Council held a New Year, New Recipes event. Three employees submitted healthier recipes that were shared with the department. The recipes included Vegetarian Black Bean Soup, Savory Sweet Potatoes and Allergy Friendly Melt-In-Your-Mouth Cookies. Wellness Coordinator Morgan hosted the event and provided nutrition facts about ingredients in each recipe. Attendees participated in a poll to vote which recipe they thought was the healthiest, tastiest and one they were most likely to try. Sixty-eight employees joined in the fun!
- **Finance & Administration**
 - The F&A Wellness Council is opening these two February webinars (presented by ActiveHealth) to ALL!
 - Makeover my heart -- Friday, Feb. 10: *Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk.*
 - Take the pressure off -- Friday, Feb. 24: *Stress, alcohol, a poor diet, lack of exercise. What really affects blood pressure levels? Learn which lifestyle factors you can control and how to manage or prevent high blood pressure.*

Upcoming Schedule

- **March Wellness Council Webinar**
 - Thursday, March 2 from 9-9:45 a.m. CT
- **Quarter 3 Activity List (January-March)**
 - We encourage you to use us to help you meet your desired achievement level this quarter. Your Wellness Coordinator can track your Wellness Council’s efforts, as well as provide suggested strategies through the end of this calendar year. Please don’t hesitate to reach out any time.
- For our full event list, please visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates

- If you haven’t already, please let us know in the chat which agency you’re representing.
- Let’s take some time to share what’s going on in your agency. What wellness activities, challenges or programs would you like to share?

Questions

If you have any questions, we'd be happy to answer those now.

Thank you for joining our Wellness Council webinar! As always, please reach out to your Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!