

WFHTN Wellness Council Webinar Notes March 2, 2023

Welcome

- Hello everyone! Thank you for joining our March 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:
 - Guest Speaker
 - Quarterly Activity List
 - What's New from WFHTN
 - Wellness Council Spotlights
 - Upcoming Schedule

Guest Speaker – Kelsey Davis, TDEC Environmental Consultant, Office of Sustainable Practices

March marks [National Nutrition Month](#) and 2023's theme is "Fuel for the Future."

Kelsey Davis is an Environmental Consultant with the Office of Sustainable Practices, where her primary responsibilities are managing the Go Green with Us program in Tennessee State Parks and providing technical assistance for the Zero Waste TN program. Kelsey also works to promote environmental awareness through sustainable events, workshops, training, and technical assistance. Kelsey's prior experience and training includes solid waste management and recycling, green building, and ecological economics. She also holds the TRUE Zero Waste Advisor credential. She holds a Bachelor of Science in Business Economics from the University of Memphis and a Masters in Sustainability from David Lipscomb University.

Quarterly Activity List

- We are nearing the end of Quarter 3 come March 31!
- 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 leading a variety of 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 March:
 - Share information related to:
 - **National Nutrition Month**
 - Healthy Recipes
 - Pictured: [Freezer-Friendly Oatmeal Waffles and Air-Fryer Nashville Hot Chicken](#)
 - [Eat Your Veggies Word Scramble](#)
 - [Frozen Food Myths & Facts](#)
 - Activities and webinars you can promote:
 - [WFHTN Scavenger Hunt](#) for Employee Spirit Month! *Complete the hunt by Friday, March 31. Five participants chosen at random will win a prize!*
 - [I'm Too Busy to Eat Healthy](#) (Presented by Optum) on Tuesday, March 7 from 10:30-11 a.m. CT. *Learn the basics of eating well, why we should do it and how we can make it work in our busy lives. We'll cover myths about healthy eating*

and weight loss, the science behind balanced diets and healthy meal suggestions for busy people.

- [Healthy Eating Trivia](#) with Morgan on Thursday, March 16 from 1-1:30 p.m. CT. *Can't join us live? A link to this quiz will be available at <https://www.tn.gov/wfhtn/challenges/wellness-events.html> after March 16.*
- Invite your employees to complete a one-week [Green Plate Challenge](#) in honor of St. Patrick's Day (Friday, March 17)! *Submit your participation by Friday, March 31. Three participants chosen at random will win a prize!*
- [Stretches for Better Sleep](#) on Friday, March 24 from 10-10:15 a.m. CT. *Wellness Coordinator and Certified Yoga Teacher Kristina will lead a stretch and relaxation session for all fitness levels. This session will include some stretches on the floor. (Modifications will be offered.)*
- [Green Smoothie Demo with Lindsey](#) on Thursday, March 30 from 12-12:15 p.m. CT. *Come blend-a-long as Wellness Coordinator and Registered Dietitian Lindsey shows you how to make a simple green smoothie.*

What's New from WFHTN

- **Wellness Events**
 - Grab our March daily wellness calendar and events flyer with details on our Wellness Events webpage at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>
 - Pst - You asked and we're delivering! We're hosting a steps challenge this April, and it's called Bloom into Spring...
- **New Swag Available**
 - We're restocking our prize inventory for you and soon you'll see...
 - MopTopper Stress Relievers and Bento Lunch Boxes restocked!
 - Coming soon to our [Prize Inventory](#) - Aluminum sport bottles, measuring sets, yoga dice, fitness trackers and Today is the Day journals.
- **2023 Annual Celebration**
 - This year's Working for a Healthier Tennessee Annual Celebration will be in-person, and we can't wait to connect with you on Thursday, July 20 at the [Tennessee State Library & Archives](#) building located in downtown Nashville. The Library & Archives is conveniently located on the Bicentennial Capitol Mall State Park at the intersection of Rep. John Lewis Way N. and Jefferson St. across from the Tennessee State Museum and the Nashville Farmers' Market.
- **New YouTube Videos**
 - Our team continues to create health and wellness YouTube videos you can share with your colleagues, like...
 - [Healthy Eating on a Budget: 4 Tips](#)
- **WFHTN Social Media Shoutouts**
 - In our January Wellness Council Webinar, we shared our new social media strategy and invited you to please share or tag any photos or videos from your agency.
 - Here are some examples from February...
 - Pictured: Revenue, F&A and DIDD sporting their red for Wear Red Day. (Thank you ALL for tagging us!)
 - 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

- **21 Days to a Healthier Heart**
 - Thank you to everyone who joined us for the 21 Days to a Healthier Heart Challenge. We had more than 250 Tennessee State Government employees working on heart-healthy habits!
 - Pictured:
 - Wellness Coordinator Kristina enjoying her Wellness Break during the challenge.
 - We reposted LaTamera Woodley's homemade popcorn to encourage others to enjoy a world of flavor outside the salt shaker.
 - The WFHTN team visited the Talent Management team in person at F&A to enjoy a stretch break together!
- **General Services & Economic & Community Development**
 - Both the Department of General Services and the Department of Economic & Community Development offered 15-minute fun trivia breaks to employees.
 - The theme was American Heart Month and the games included questions about heart health and chocolate.
 - As a reminder, your Wellness Coordinator can assist you with creating and hosting short activities (even in smaller group settings)!
- **Intellectual and Developmental Disabilities**
 - On Valentine's Day, DIDD set up chocolate taste testing stations!
 - Pictured: Just some of the snapshots they shared from their delicious day.

Upcoming Schedule

- **April Wellness Council Webinar**
 - Thursday, April 6 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 and provide suggested strategies through the end of this calendar year. Please don't hesitate to reach out any time.
 - Note: Our final Activity List of the fiscal year for Quarter 4 will be available by Monday, March 20.
- *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!