

Wellness Council Webinar

September 2023



Encouraging and enabling state employees to lead healthier lives

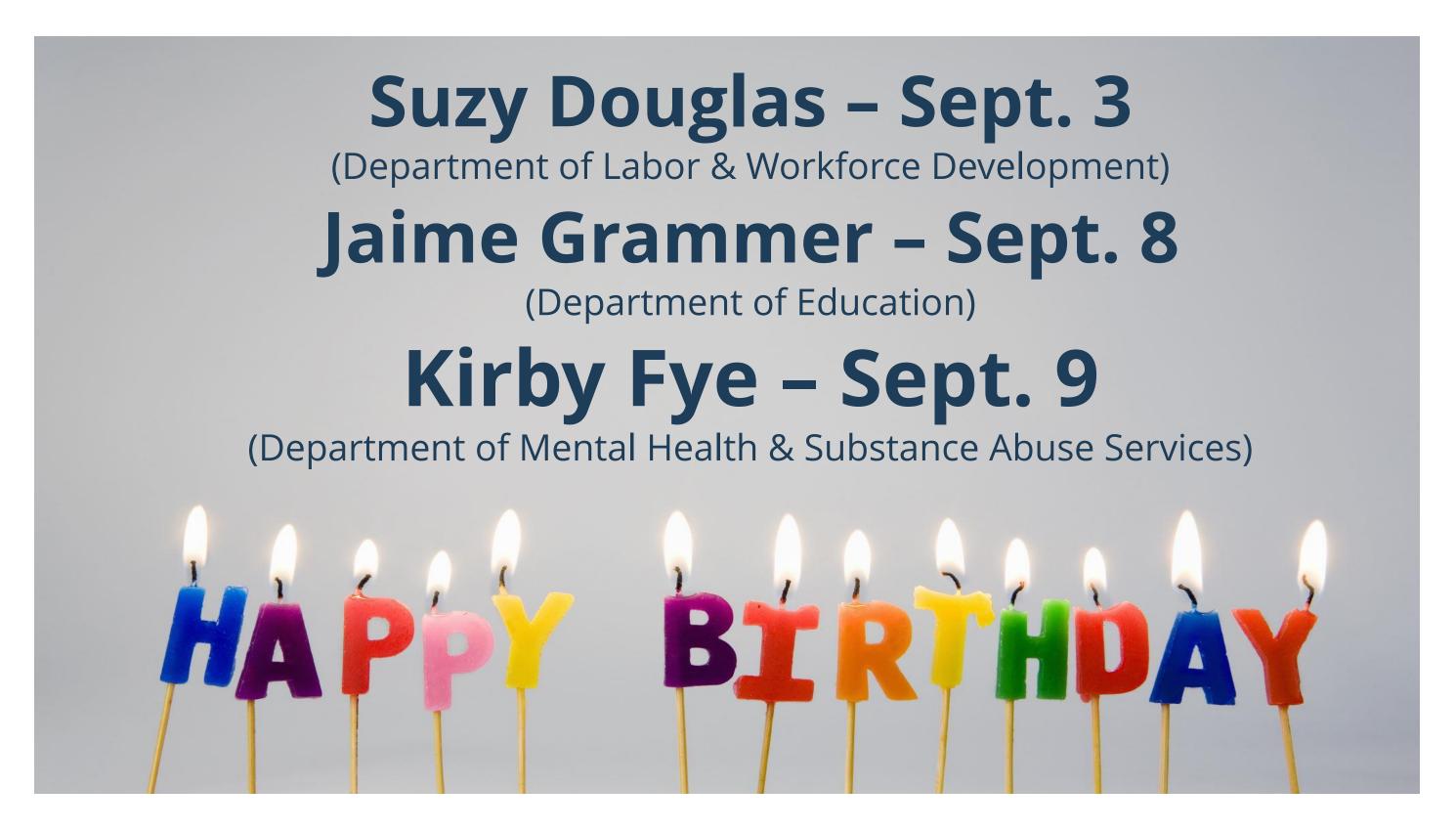


Today's Agenda

- Guest Speaker: Department of Revenue
- Quarterly Activity List
- What's New from WFHTN
- Wellness Council Spotlights
- Upcoming Schedule
- Your Updates



Celebrations!



Is your birthday this month? Let us know in the chat!



Celebrations!

Children's Services

Ashley Zarach Jessica Bell

Revenue

Jennifer Nault (Audit)
Brittany Adams (Collection Services)
Stephanie Parks (Fiscal Services)
Michelle Rowland (Taxpayer Services)





Celebrations!

Health

Amy Daughtry
Becky Meyer
Carly Crownover
Gabby Murphy
Pete Phillips





Guest Speaker: Kelly Cortesi Department of Revenue



Quarterly Activity List



September Activities & Info

- Share:
 - Preventing Suicide at Work in honor of National Suicide Prevention Month
 - Selecting and Serving Produce Safely (PDF, video) in honor of Food Safety Education Month
- Encourage co-workers to complete <u>Cholesterol: Fact or</u>
 <u>Fiction?</u> by Sept. 30 for <u>National Cholesterol Education</u>
 <u>Month</u>
- Encourage co-workers to <u>share how they enjoy more</u>
 <u>whole grains at meals</u> in honor of <u>Whole Grains Month</u>

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

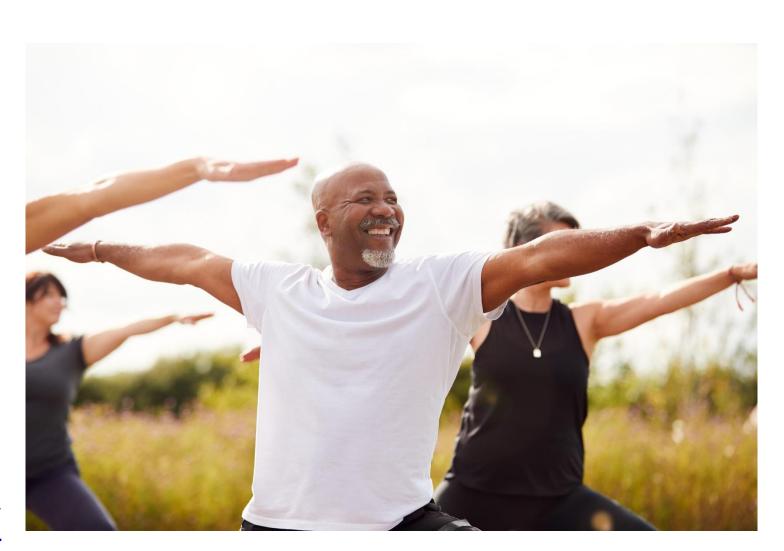


September Challenge

Find Your Flow Yoga September 11-22

Try a variety of yoga practices on your own, while boosting your physical and mental health!

Sign up by Thursday, Sept. 7: https://stateoftennessee.formstack.com/ forms/wfhtn_find_your_flow_signup





What's New?



September Wellness Calendar & Events



Sept.

25-29

Learn about selecting and

serving produce safely

(PDF, video) in honor of

Food Safety Education

Month.

Try yoga at home or

during your next team

meeting with these free

videos from our library!

Self-care September



Week **Tuesday** Wednesday **Thursday** Friday Monday September is National Yoga Month! Join Yoga for All Please note: Try a variety of yoga practices by joining the Find Your Flow Yoga Challenge from from 12-12:15 p.m. Sept. 1 September 11-22. Complete the submission form for a chance to win a prize! All times listed are in the Sign up by Thursday, September 7. Central time zone. (Calendar invite) https://stateoftennessee.formstack.com/forms/wfhtn_find_your_flow_signup September is Suicide September is National Happy Yoga for All is relaxing for loin us for a Dance Break Prevention Month. Sept. Chicken Month! Labor all fitness levels. Join us from 12-12:15 p.m. Register for from 12-12:15 p.m. Day! Try **BBQ Chicken and** 4-8 (Calendar invite) Optum Health's webinar (Calendar invite) **Sweet Potato Bowls**. from 12-12:45 p.m. Find support near you Learn about Join the Experts in Real Life: Live Panel Join the Simplify Work, Join Yoga for All Preventing Suicide at Sept. with the new from 12-12:15 p.m. Life & You webinar from **Work** in honor of Optum Health 11:30 a.m. - 12:30 p.m. from 1-1:30 p.m. 11-15 (Calendar invite) National Suicide Community Connector! (Register) (Calendar invite) Prevention Month. Happy Hispanic Join DCS for a Share how you enjoy Give your mind a break at Get the facts during the Heritage Month! Sept. **Meditation with Nat Fitness Break** Cholesterol 101 webinar whole grains at meals Celebrate with these in honor of from 11:30 a.m. - 12 p.m. from 10-10:15 a.m. from 10-10:30 a.m. 18-22 25-minute Chicken Whole Grains Month (Calendar invite) (Calendar invite) (Calendar invite) Veggie Enchiladas.

Take a **10-minute**

itness Break with DHS

from 11-11:10 a.m.

(Calendar invite)

Upcoming Events September 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 12-12:15 p.m. Link to join. Calendar invite.

DHS 10-minute Fitness Break

Wednesdays from 11-11:10 a.m. Link to join. Calendar invite.

DCS Fitness Break

Thursdays from 10-10:15 a.m. Link to join. Calendar invite.

Challenge

Find Your Flow Yoga Challenge

September 11-22

Take on this beginner-friendly challenge to try a variety of yoga practices on your own, while boosting your physical and mental health. At the end of the challenge, complete the submission form for a chance to win a prize!

Sign up by Thursday, September 7:

https://stateoftennessee.formstack.com/forms/wfhtn find your flow signup

Activities & Webinars

TDOE Meditation Break

Thursdays from 11:15-11:30 a.m. Link to join. Calendar invite.

Suicide Prevention (Optum Health)

Thursday, Sept. 7 from 12-12:45 p.m. Register.

WFHTN Panel: Experts in Real Life

Thursday, Sept. 14 from 1-1:30 p.m. Link to join. Calendar invite.

Meditation with Nat

Wednesday, Sept. 20 from 11:30 a.m. - 12 p.m. Link to join. Calendar invite.

Cholesterol 101 (ActiveHealth)

Friday, Sept. 22 from 10-10:30 a.m <u>Link to join</u>. <u>Calendar invite</u>.

Whole Grains Trivia

Thursday, Sept. 28 from 12-12:30 p.m. Link to join. Calendar invite.

Please note: All times are listed in the Central time zone.

For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html



Complete **Cholesterol**:

Fact or Fiction? for

National Cholesterol

Education Month.

Get the whole truth during

Whole Grains Trivia

12-12:30 p.m.

(Calendar invite)



Quarter 4 Report

WORKING FOR HEALTHIERTN

Hosted by WFHTN

10 activities 1,278 participants 22 agencies

Partnered w/agencies & Vendors

22 activities 1,341 participants 12 agencies Be Well @Work Newsletter

Open Rate: 31.8%

Website Page Views

23,458

7% increase from last year

Survey Feedback

4.9/5

Social Media Engagement

Facebook: 8.75% Instagram: 13.00%

2023 Q2



FY2024 Well Workplace Awards

- Breakthrough Wellness Council
- Communicator of the Year
- Engagement
- Innovator
- Thinking Outside the Desktop
- WFHTN All-Star





Wellness Council Activity Submission Form



https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024



Wellness Council Spotlights



48-A-Day Water Challenge

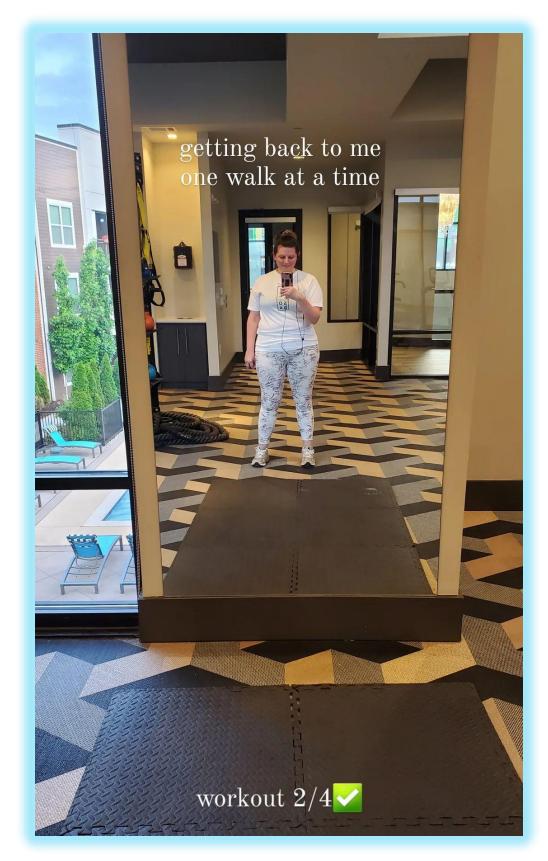


586 employees across 30 agencies!



Personal Wellness Journey

Department of Tourist Development





"Be a Kid Again" & 5K Fun!

Department of Human Services









Pack Your Lunchbox with Local Farms

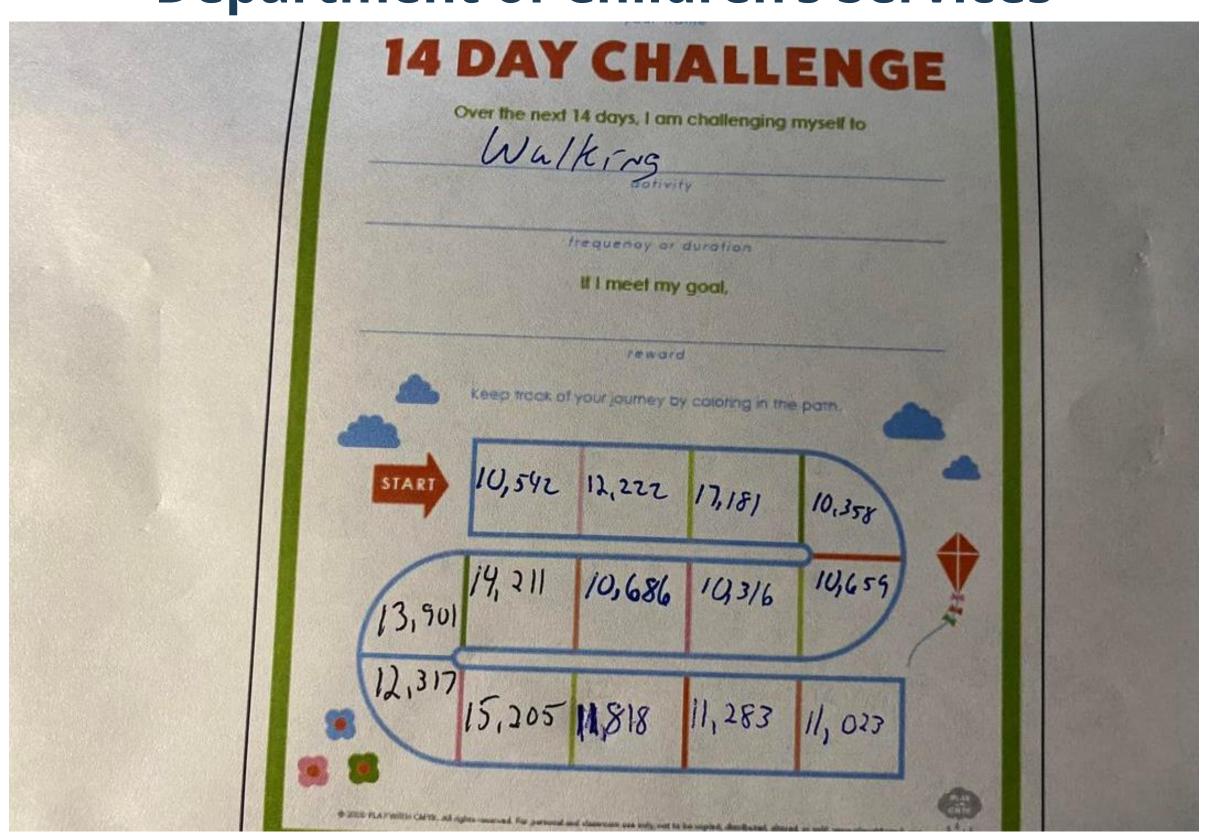
Department of Agriculture







Step ChallengeDepartment of Children's Services





WalkaboutDepartment of Human Resources







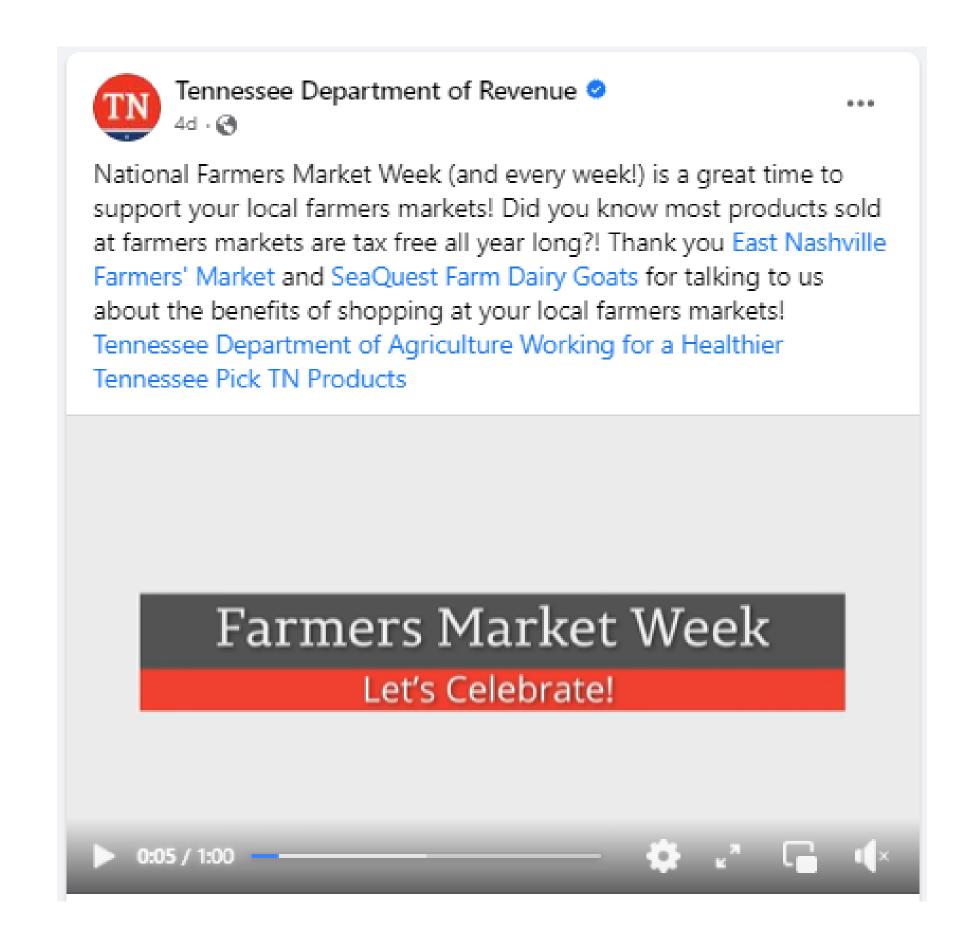
Hydration

Department of Finance & Administration





Social Media Spotlights





Upcoming Schedule



October Wellness Council Webinar

Thursday, Oct. 5 from 9-9:45 a.m. CT

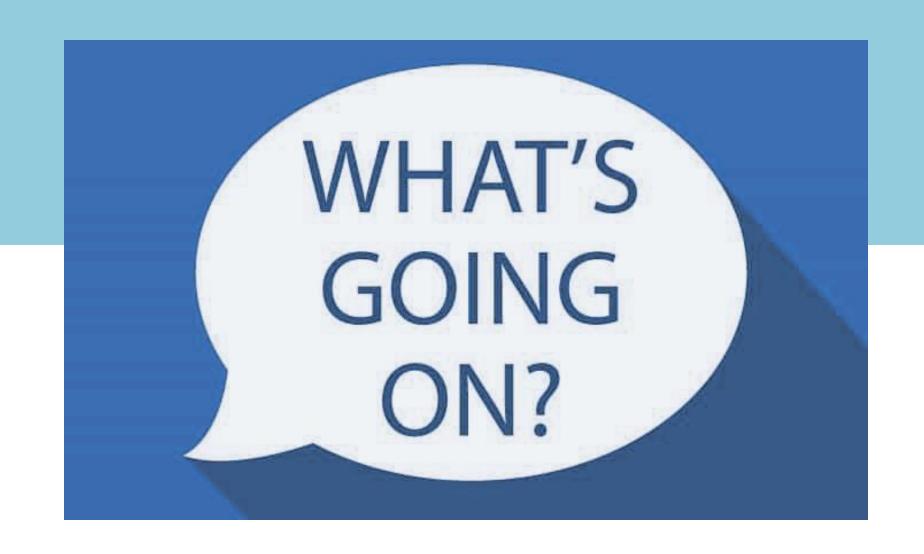
Quarter 1 Activities

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











Don't miss an update! Follow us on social media.











/@WFHTN