

Wellness Council Webinar

April 2023



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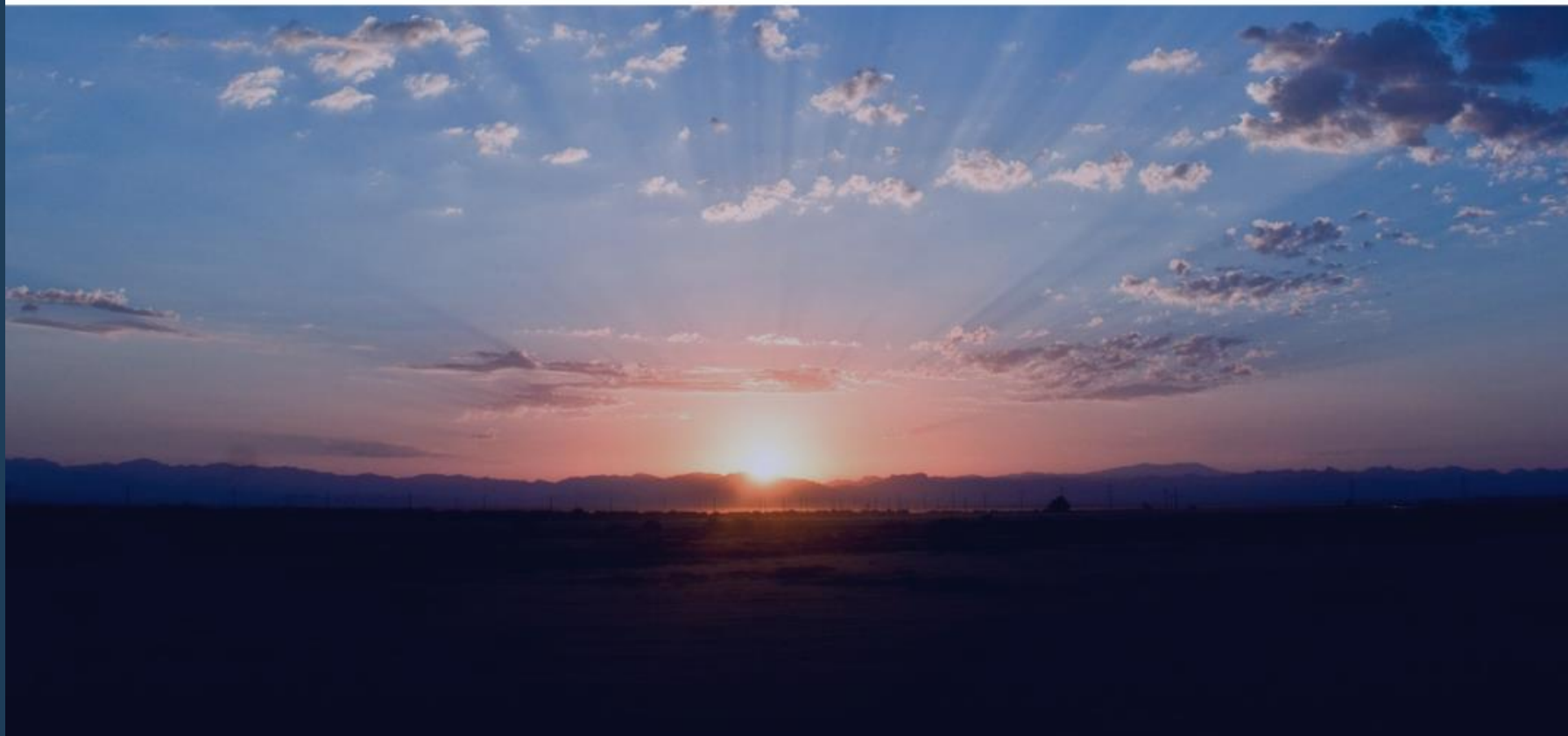
Encouraging and enabling state employees to lead healthier lives

Today's Agenda

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

TENNESSEE

You are not alone.
We are here for you.



Team Update

Morgan Blake

Updated Email Address:
Morgan.Blake@tn.gov



Activity Time!

April Trivia!

Celebrating National Humor Month, Garden Month,
Stress Awareness Month and Earth Day!



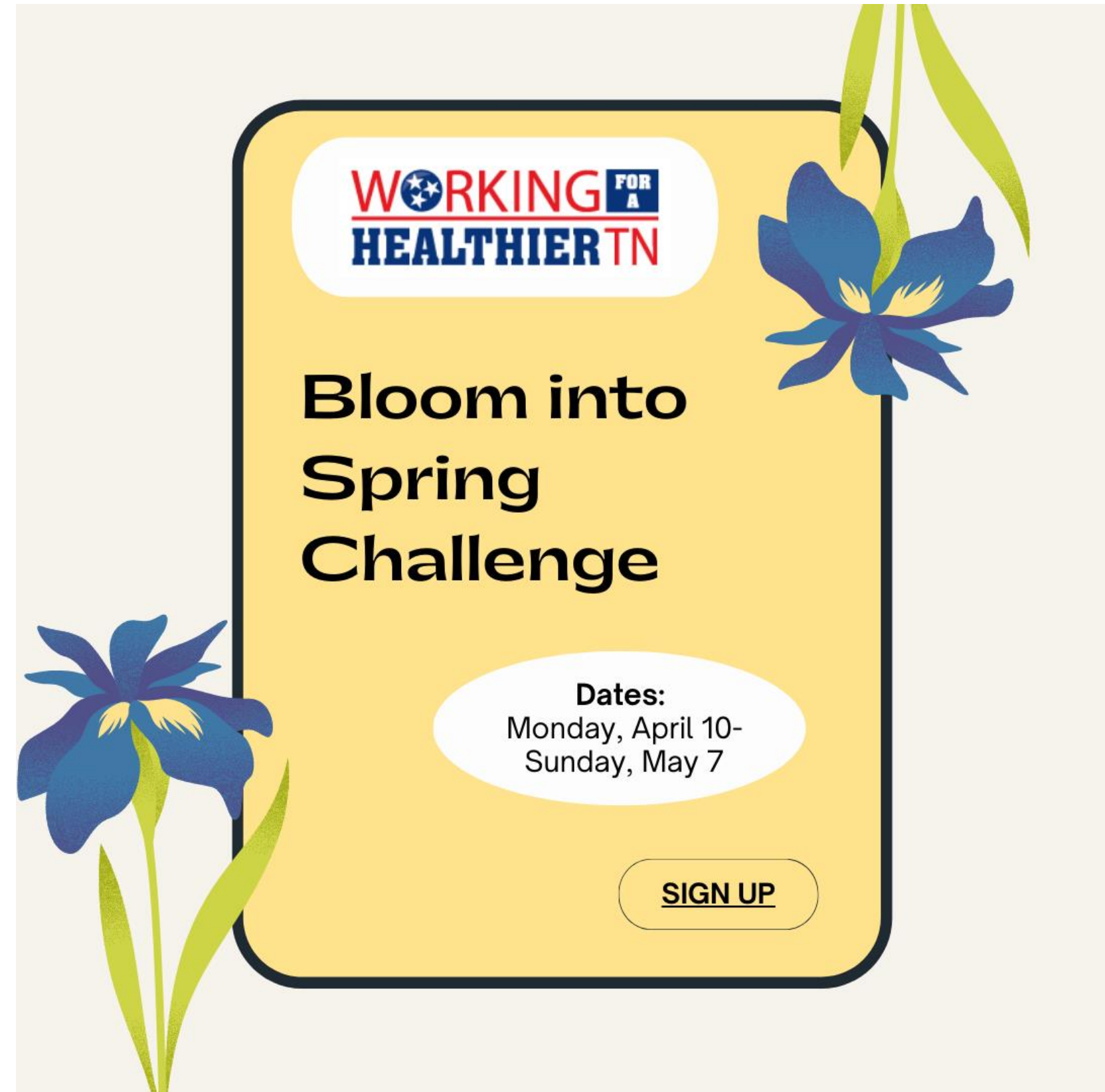
Quarterly Activity List

April Suggestions

Encourage your employees to get or stay active in this steps challenge, and see how much they can *bloom* over the four weeks!

[Sign up](#) for the optional Microsoft Teams chat and/or weekly communications by Friday, April 7.

Five participants chosen at random will win a prize!



April Suggestions

Share information related to:

Stress Awareness Month – Learn ways to reduce stress:

- [Yoga Video Resources](#)
- [Here4TN Stress Topic Center](#)
- [Resources for Managing Stress](#)

National Garden Month – Learn about [12 Vegetables You Can Regrow from Scraps](#)

April Suggestions

Activities and webinars to promote:

- [National Humor Month](#) – Spread some humor by sharing your favorite joke with us on [Formstack!](#)
- **Mindfulness Break with Morgan**
 - April 4 from 10:30-10:45 a.m. CT
- **4Mind4Body webinar: Your Debt-Free Game Plan**
 - April 12 from 11:30-12:30 p.m. CT
- **Nobody Trashes TN (presented by TDOT)**
 - April 14 from 10-10:30 a.m. CT
- **Meditation with Nat**
 - April 19 from 11:30 a.m.-12 p.m. CT
- **Laughter Yoga with Kristina**
 - April 21 from 10-10:20 a.m. CT
- **Vegetable Container Gardening webinar with Davidson County Master Gardeners**
 - April 27 from 11:30 a.m. – 12:30 p.m. CT

April Daily Wellness Calendar & Virtual Events

UPCOMING EVENTS
APRIL 2023

WORKING FOR A HEALTHIER TN

Workouts

Yoga for All
Mondays 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](#).

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

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

Yoga: Core & More
Fridays from 12:15-12:45 p.m.
[Link to join](#) - [Calendar invite](#).

Laughter Yoga
Friday, April 21 from 10-10:20 a.m.
[Register](#).
Limited to 15 attendees

Challenge

Bloom into Spring
April 10 - May 7

Join this steps challenge and see how much you can bloom over four weeks. The goal is to take as many steps as you can each week.

[Sign up](#) for the optional Microsoft Teams chat and/or weekly communications by Friday, April 7.

Five participants chosen at random will win a prize!

Activities & Webinars

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

Mindfulness Break
Thursday, April 4 from 10:30-10:45 a.m.
[Calendar invite](#).

Nobody Trashes Tennessee
Friday, April 14 from 10-10:30 a.m.
[Calendar invite](#).

Meditation with Nat
Wednesday, April 19 from 11:30 a.m. - 12 p.m.
[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.

WORKING FOR A HEALTHIER TN BLOOM WITH US IN APRIL

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 3-7	Bloom into Spring with us! Join this steps challenge from April 10 to May 7! Sign up by Friday, April 7.	De-stress with a mindfulness break from 10:30-10:45 a.m. (Calendar invite)	Take a Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Give your mind a refresh with TDOE's Meditation Break from 11:15-11:30 a.m. (Calendar invite)	Tomorrow is National Empanada Day! Celebrate with Sweet Potato and Black Bean Empanadas .
April 10-14	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Today is National Cheese Fondue Day! Try this vegan Cashew Queso Dip .	What's Your Debt-Free Game Plan? Join this webinar from 11:30 a.m. - 12:30 p.m. to learn more. (Register)	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Learn about Nobody Trashes Tennessee (presented by TDOT) from 10-10:30 a.m. (Calendar invite)
April 17-21	It's National Garden Month! Learn about 12 Vegetables You Can Regrow from Scraps .	Shake off your stress with our Dance Break from 11:45 a.m. - 12 p.m. (Calendar invite)	Join live virtual Meditation with Nat from 11:30 a.m. - 12 p.m. (Calendar invite)	Healthy eating doesn't have to be expensive. Here are four easy tips to save money at the grocery store .	Relieve some stress with Laughter Yoga from 10-10:20 a.m. (Register)
April 24-28	What's for dinner? Try this Simple Stuffed Peppers recipe!	Looking for some inspiration? View success stories from state employees!	Yoga for All is relaxing for all fitness levels. Join us from 12-12:15 p.m. (Calendar invite)	Spread some humor by sharing your favorite joke . It could be featured on WFHTN social media!	Join Yoga Core & More from 12:15-12:45 p.m. (Calendar invite)

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



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

What's New?

We want to celebrate YOU!



Share your birthday with us on
Formstack!

Budget Reminder

How much?

- Division A: \$200
 - Division B: \$150
 - Division C: \$100
-
- **To use by May 15, 2023**
 - **Send requests to your Wellness Coordinator.**
 - *Note: Cannot be used to purchase gift cards, vouchers or memberships.*

2023 Annual Celebration

July 20 from 10 a.m. - 12 p.m. CT



Wellness
IS A JOURNEY

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

Wellness Council Spotlights

LeadTN Summit 1

Department of Human Resources



Tennessee Administrative Professionals Conference

Department of Human Resources



St. Patrick's Day Event

Department of Human Resources



Trivia Time

How Much Do You Know about Green Foods?

Disclaimer: The information provided today is not intended to treat any medical condition you may have nor is it meant to replace the care you get from your doctor or other health professionals. If you have any health or medical concerns, please discuss those with a medical professional.

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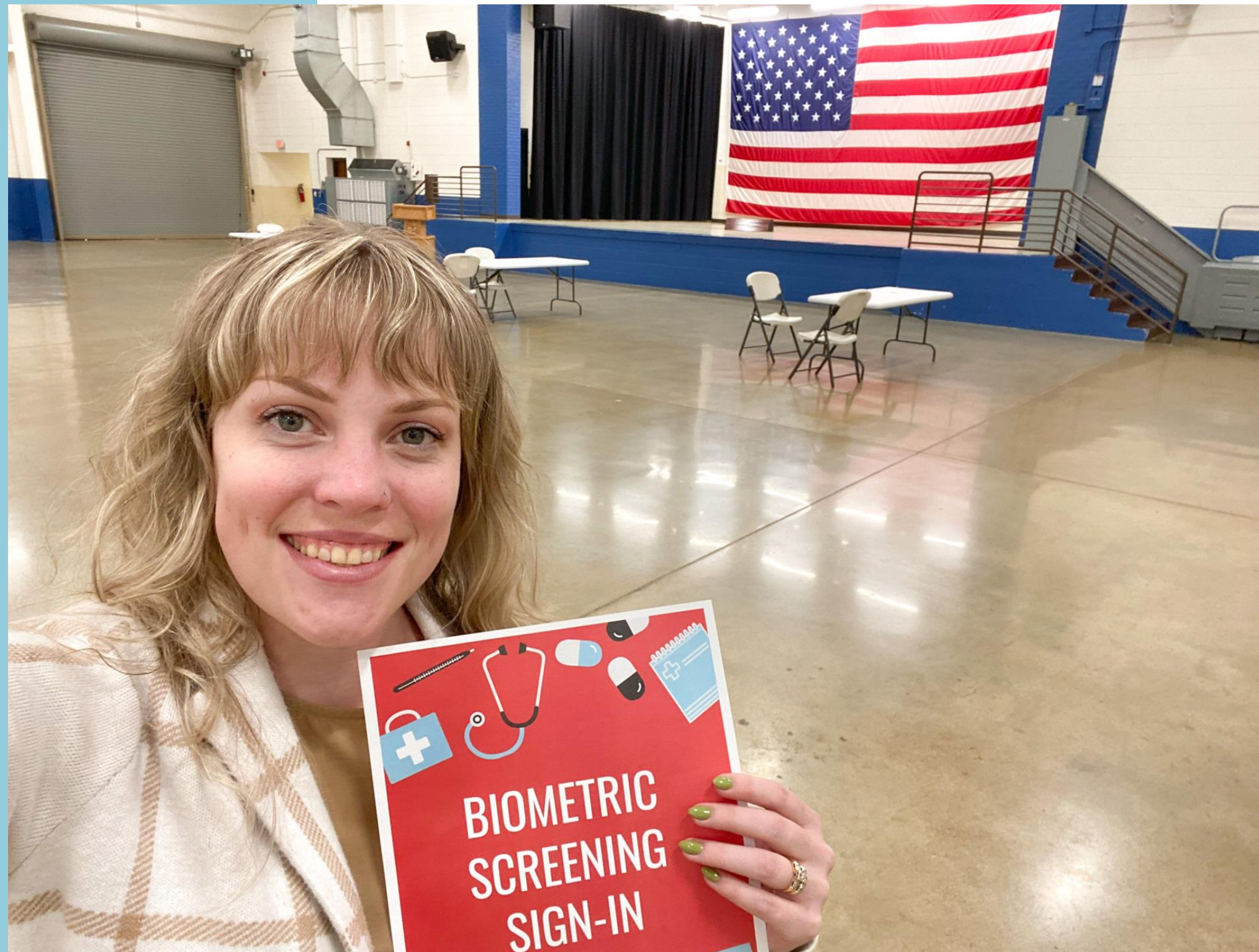
More Fun in March

Department of Health



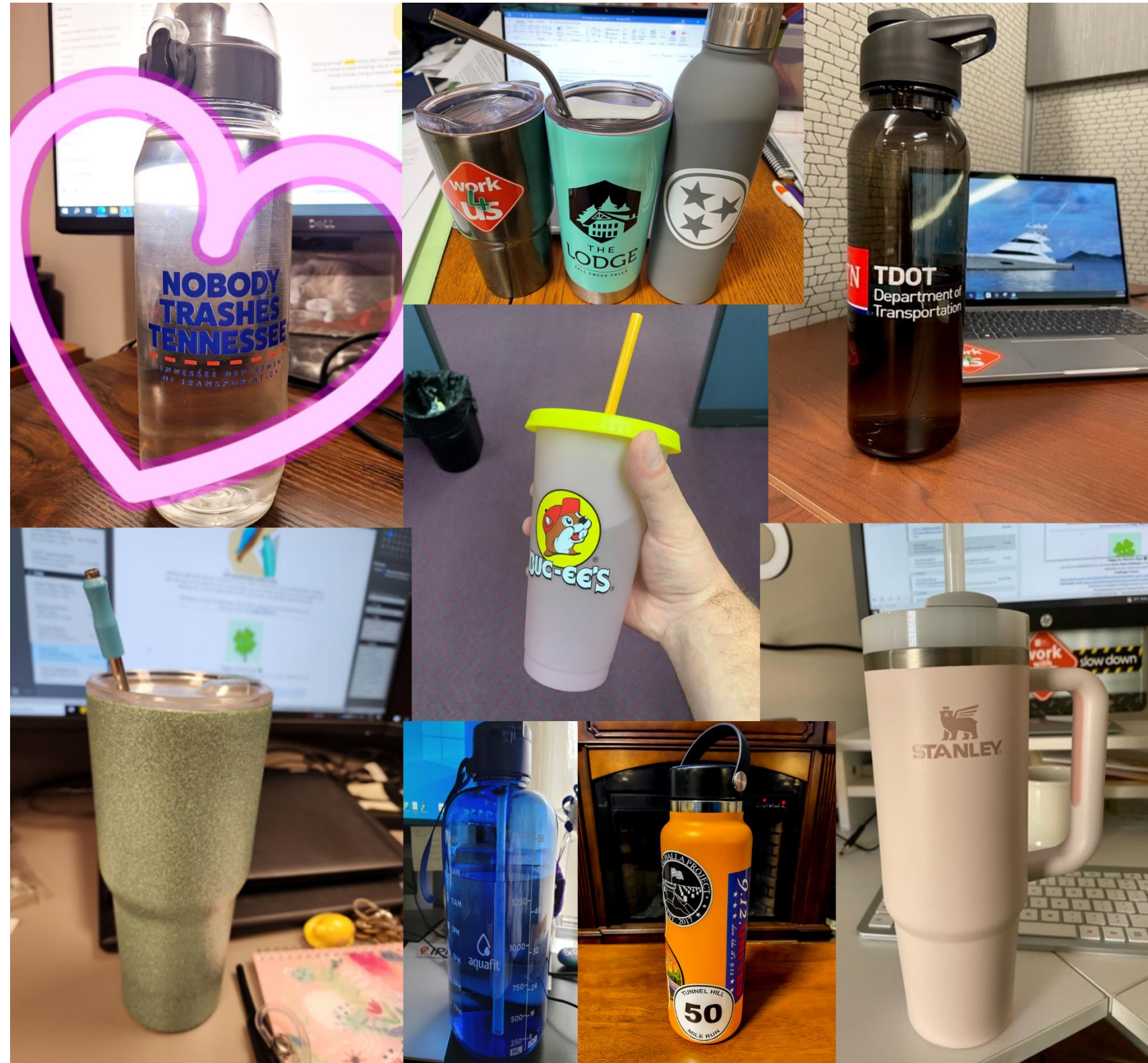
Making a Difference

Departments of Military and Human Services



Reusable Water Bottle Challenge

Department of Transportation



Upcoming Schedule



May Wellness Council Webinar

Thursday, May 4 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





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