

WFHTN Wellness Council Webinar Notes April 7, 2022

Welcome

- Hello everyone! Thank you for joining our April 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:
 - Quarterly Activity List
 - Guest Speaker
 - Walking with WFHTN
 - Wellness Council Spotlight
 - What's New?!
 - Upcoming Schedule
 - Sharing

WFHTN Quarterly Activity List

- We are kicking off the very last quarter of the fiscal year!
- Per usual, we have some suggestions to help you easily earn GOLD ACHIEVEMENT LEVEL status by June 30.
- **April 2022 Suggestions**
 - In April, don't sleep on your chance to highlight STRESS AWARENESS MONTH.
 - We are all likely feeling some serious stress at a time when we're also still struggling with the strain of a prolonged pandemic. To help you better deal, we encourage you to:
 - Kick things off with our [Stress Awareness Month Handout](#)
 - Share these [Yoga Video Resources](#)
 - Learn to laugh during [Humor Month \(April\) Handout with this April Monthly Handout](#)
 - Join our [Get the Best of Stress](#) webinar with Here4TN - Thursday, April 14 from 11:30 a.m. - 12:30 p.m. CT
 - As well as the [Increase Your Health Care IQ #4Mind4Body](#) webinar - Wednesday, April 6 from 11:30 a.m. - 12:30 p.m. CT
 - The lunch and learn from ParTNers for Health will cover several topics, including "cost saving measures to help keep premium increases low"
 - ****[Earth Day](#)** (Friday, April 22)
 - We're inviting state employees to take food-focused action(s) to restore our earth – like meal prepping to help reduce your food waste and grocery bill.
 - More on this from our guest speaker today!
 - ****[Spring 5K Series](#)** (*Physical Activity, Inspire Change*)
 - WFHTN is hosting a series of 5Ks this spring that are open to all agencies.
 - Participants can race when they want, where they want and how they want! Beginners, experienced runners and walkers are welcome.
 - More on this from Kayla in a bit!
- **Nominate Now!**

- Before we get to today's guest speaker, we wanted to remind you that you can nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year. These awards include:
 - Communicator of the Year, Innovator Award, Most AWS-Friendly, Most Engaging, Most Improved, Most Inspiring, Most Well-Rounded Wellness Council, Thinking Outside the Desktop Award and the WFHTN All-Star
- Submit your nominations [HERE](#).

Guest Speaker

- Ashley Cabrera, Creative Services Coordinator 1
TDEC Office of Policy and Sustainable Practices

Walking with WFHTN (Kayla)

- Kayla Livesay, *Assistant Director of Population Health & Licensed Athletic Trainer*
- **Virtual Spring 5K Series**
 - Celebrate the spring season with us and join our virtual 5K series to help you get or stay active!
 - **5K Races:**
 - [April 1-30](#): Wildflower Walk/Run
 - [May 1-31](#): May the Course Be with You
 - [June 1-30](#): June Bug Dash
 - **Resources Available:**
 - [Choosing the Right Shoes](#)
 - Free Walking/Running Tracking Apps
 - Stretches for Walking
 - Couch to 5k Training Program
 - www.tn.gov/wfhtn/wellness-events.html
- **Walking "Mis-steps"**
 - Tips to Avoid Common "Mis-steps"
 - Stretching
 - Finding the right shoes
 - Walking posture
 - Talk test
 - Setting a goal

What's New?!

- ***NEW*** [WFHTN Wellness Events Page](#)
 - This is where you'll find our "April Wellness Calendar" and "April Virtual Events"
- **WFHTN Be Well @Work Newsletter**
 - This new communication will be sent to all state employees on the first Tuesday of each month.
 - You can expect it to include information about upcoming health observances, events and more!
- [WFHTN Team Spotlight Series](#)
 - Make sure you're following us on Facebook! On April 25, we'll be spotlighting Kayla!
- **WFHTN Employee Interest Survey Results**

- We'd like to continue to share some of the results from January's Employee Interest Survey.
 - *What day(s) are better for you to participate in a workplace wellness activity during your workday?*
 - Fridays were a popular (and unexpected) answer.
 - *How long would you be willing to participate in a workplace wellness activity series?*
 - 5+ weeks (599)

Wellness Council Spotlight

- Here4TN Scavenger Hunt
 - Thanks to your promotional efforts, we had 293 complete the March Here4TN Scavenger Hunt!
 - Fifty employees were chosen at random to receive a Here4TN Notebook. WFHTN has contacted those winners and their prizes have been mailed.
- Health: Movin' in March
 - Thank you to everyone who joined the Department of Health Wellness Warriors for a fitness class during Movin' in March! Special thanks to the volunteer instructors who led us through classes like line dancing, kickboxing and ballet.
 - Pictured: Staff at the Putnam County Health Department taking class together as a group!

Upcoming Schedule

- **May Wellness Council Webinar**
 - Thursday, May 5 from 9-9:45 a.m. Central
- **Quarter 4 Activity List**
 - Due Thursday, June 30
- *For our full event list, please visit tn.gov/wfhtn/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!