

## Wellness Team Meeting Agenda 10/10/24

Nurses: Heidi and Ashley.

Life Vac for Choking. Placed in the cafeteria, nurse's offices and MD Ashley Farnsworth room.

Narcan picked up for this school year in offices.

Staff Wellness: Flu/Covid clinic scheduled Monday waiver day. Planet Fitness membership available.

Continue Health Tips with Wellness Emails

Continue with Wellness Calendars

Map out indoor and outdoor walking trails accessible to employees of all abilities. Measure the distance in halls and around the building to help employees set walking goals. Kim: Outdoor walking path measured???

PE: Kathy and Eric

Place physical fitness bulletin boards in strategic areas.

Suggest that employees stretch for one minute before work each day. Announce a one-minute stretch on the intercom system. Thoughts??

Nutrition: Kerry

Promote an "Eat Your Greens" campaign on St. Patrick's Day.

Encourage laughter to reduce stress at the worksite. Ex schedule email with this type of humor:

**WHEN YOU STEP ON A LEGO**



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