

**Bridge to Wellness
Meeting Minutes
August 11, 2015**

Members Present: Library- Maureen Maloney; Police – Tom Stolee; Finance – Ashley Lent; HRA – Lenelle Hrabik; Construction – Chris Edwardson; Attorneys – Danielle Erjavec

1. Approval of Minutes

Motion: Tom Stolee
Seconded: Ashley Lent
Motion passed: Approved

2. Health Fair updates

- a) Theme has been selected as Healthier Today....Happier Tomorrow! As soon as Steve Forslund is able to put together a design, the postcards and fliers, etc will go out for Save the Date.
- b) Presentations are coming together - Sole Essentials will present on foot health, and the Chef Marshall O'Brien group will be presenting on Smart Eating. They have some incredible nutritional programming going on down in the cities and are willing to come and present for free. Check out chefmarshalllobrien.com for more information on their programming.
- c) Students from Exercise Physiology and Physical Therapy departments will be conducting Wellness Assessments and Functional Capacity Evaluations and will also be conducting presentations on prevention of degenerative joint diseases, exercise and healthy living recommendations.
- d) Door prizes were recommended to have at the presentations to get people to attend.
- e) Additional exhibitors were suggested for the fair and we will be working on confirming the exhibitors.

3. Essentia Tobacco Cessation program

- a) Essentia has a free tobacco cessation program that they would like to present to our employees. The program is designed to incorporate one-one counseling, medication therapy, etc. They are looking at hosting presentations on-site on October 6 & 8 at noon – one at City Hall and one at Public Works. If those are successful, we have an opportunity to bring them to HRA and DAA.
- b) A suggestion was to have a table at the Health fair with their information.

4. Big Move or Bust Challenge

- a) Angel asked committee if it would be too soon to start another challenge in September, and the consensus was to keep the momentum of the current challenge going and go ahead with it. This challenge would be the City against the County employees, and looking to start mid-September.

5. TLS Program

- a) Transitions Lifestyle System program is a 12-week program focused on weight management. The program was offered last year and Michelle Russell, CHHP, will be conducting the sessions again starting September 16th. It will be held Wednesdays at 5pm in City Hall. There is a fee

for the program, however if someone would like to be reimbursed, they could receive a referral from their doctor and use their FSA to pay for it.

6. Retiree Engagement Strategies

- a) Angel will have an intern this fall who will be focused on how we can better engage our retirees in health and wellness opportunities.

7. Wellness Days

- a) Summer Challenge Celebration and employee recognition will be held at Lester Park on August 20th, starting at 5pm. The picnic is designed to be a chance for employees to come together with their families if they choose. Food will be provided.
- b) September 24th from 5-7pm, there will be a hike on the Superior Hiking Trail for any/all employees (back-up date will be Tuesday, September 29th)

8. Next meeting is September 8th, 2015 at 2pm at City Hall.

DRAFT