

WELLNESS COUNCIL WEBINAR

June 2022



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[@WorkingForAHealthierTN](#)



[/TNSiteChampions](#)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Meet Laura Demeri
Quarterly Activity List
Guest Speaker
What's New?!
Wellness Council Spotlight
Upcoming Schedule
Sharing

New WFHTN Wellness Coordinator

LAURA DEMERI



Quarterly Activity List

Friendly Reminders

Fiscal Year 2022

July 2021 – June 2022



Q1	Q2	Q3	Q4
July Aug Sept	Oct Nov Dec	Jan Feb March	April May June

June Suggestions

- Share information related to:
 - [Great Outdoors Month](#)
 - [Men's Health Month](#)
 - [National Herbs & Spices Day](#) (Friday, June 10)
- Check out a local Farmers Market for [National Fruits & Vegetables Month](#), and send us snapshots and/or selfies
- Take a lunch hour for **National Take Back the Lunch Break Day** (Friday, June 17)
- Promote our [Spring 5K Series](#) (*Physical Activity, Inspire Change*)
- Join our all-agency [Wellness Week Challenge](#) (June 6-10) (*Well-Being, Inspire Change*)

WFHTN's 2022 Wellness Week Challenge

- **Dates: Monday, June 6 - Friday, June 10**
- **Daily challenges:**
 - *Mental Health Monday*
 - *Tasty Tuesday*
 - *Workout Wednesday*
 - *Thoughtful Thursday*
 - *Financial Friday*
- **The deadline to submit daily challenges will be 11:59 p.m. on EACH day.**

Nominate Now!



- **Do you think your Wellness Council is award-worthy?**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations [HERE](#).

2022 Annual Awards Celebration

- **Wednesday, July 20**
- **9-10 a.m. CT**

Easily register now!
Open your phone camera
and scan the QR Code:



GUEST SPEAKER



DEBBIE BALL

Statewide Outreach Coordinator

Tennessee Agricultural Enhancement Program



Pick Tennessee Products

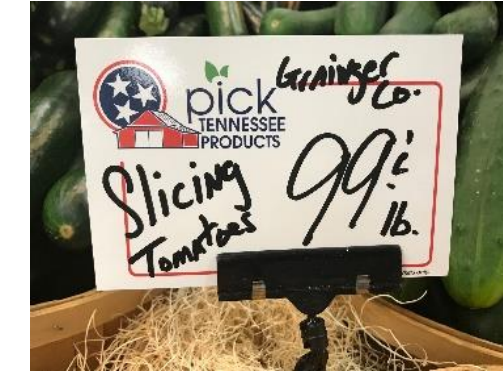
Business Development Division

- **Work with farmers, forest landowners, agribusinesses, and processors to build rural economies and increase farm income**



Farm Direct

- **Directly marketing farm products to consumers is a growing part of Tennessee's agricultural economy. These activities include farmers markets, on-farm retail markets, roadside stands, and community supported agriculture.**



Pick Tennessee Products

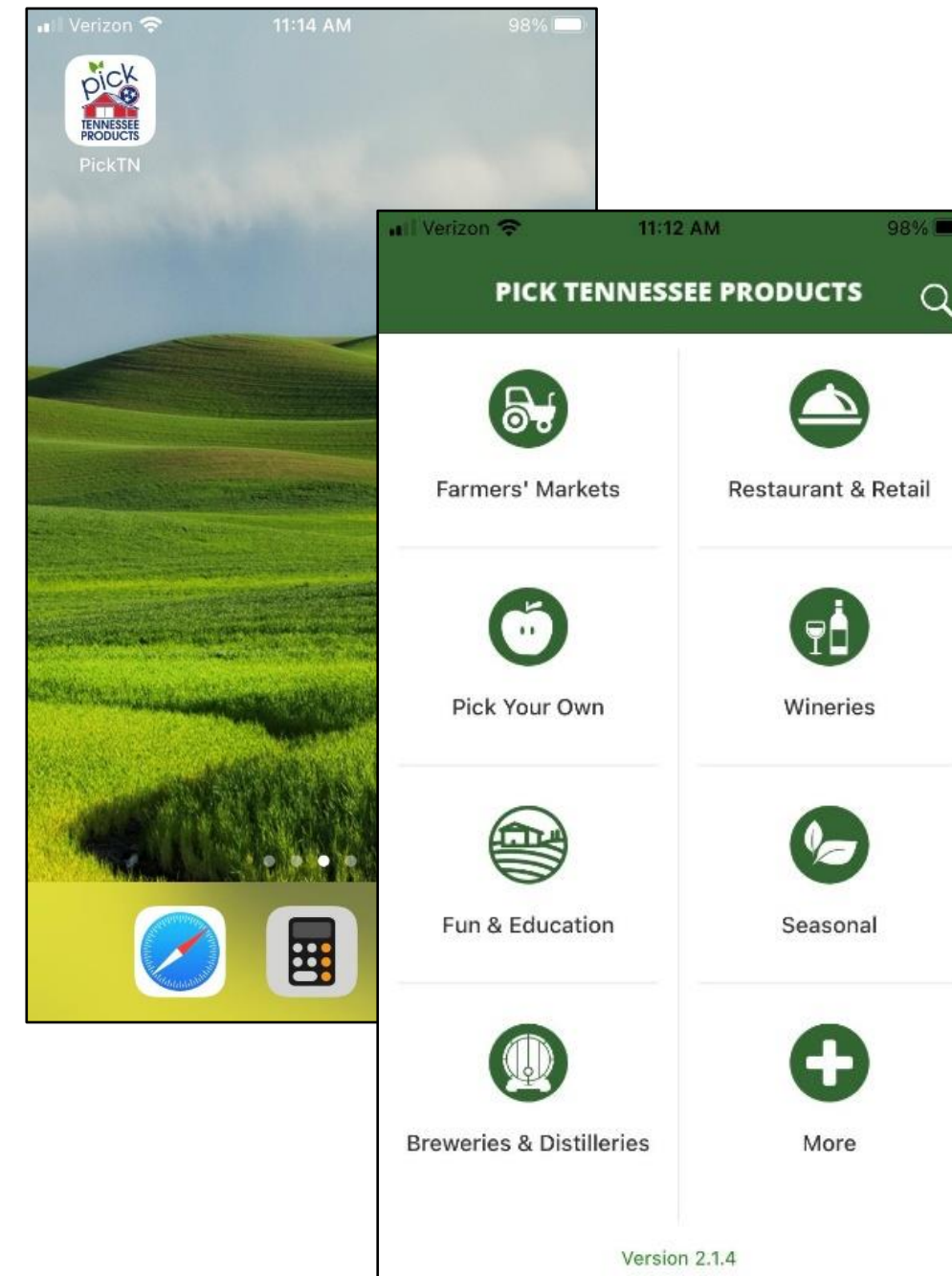
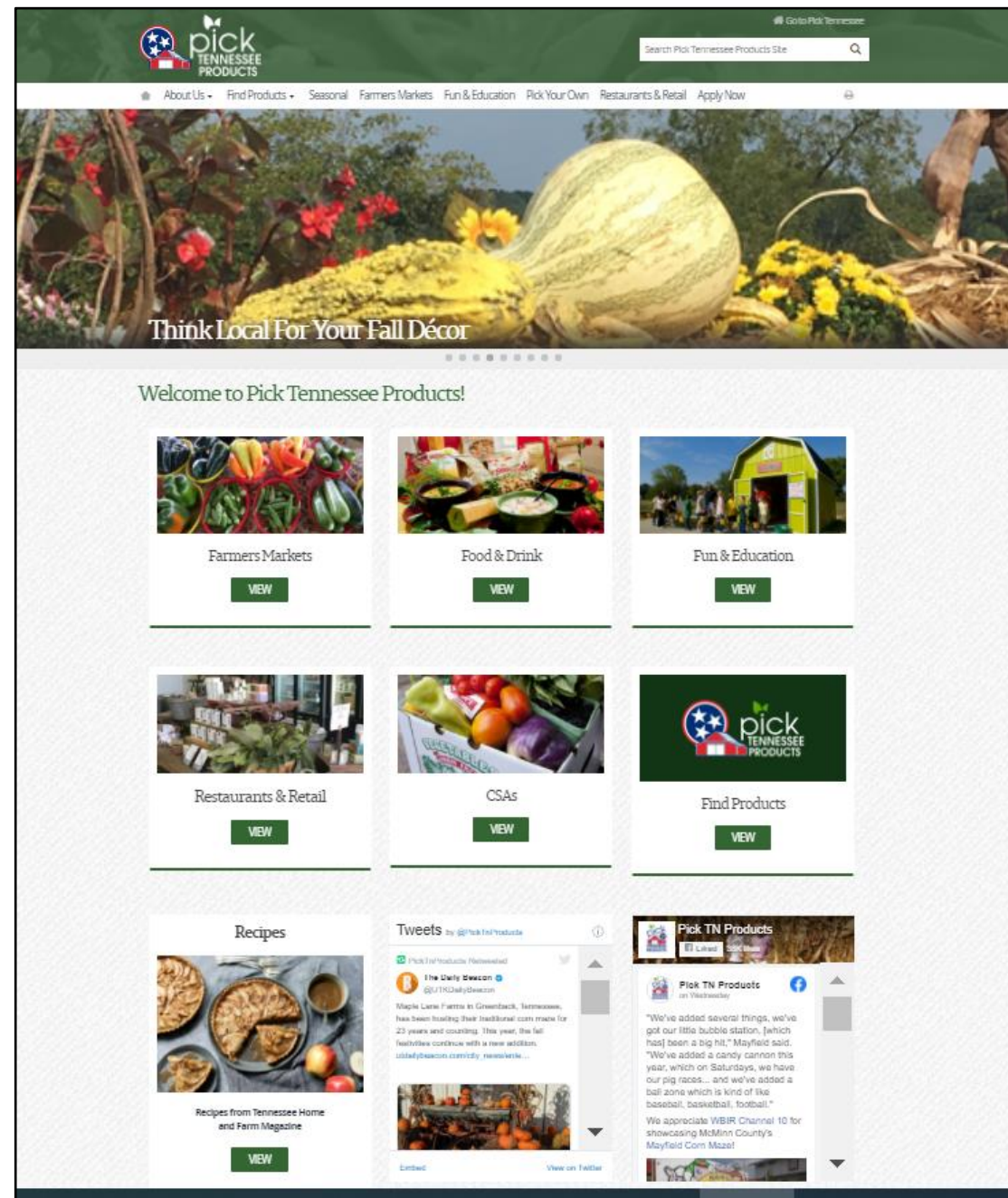


Pick Tennessee Products

- **Consumer Facing Promotion Developed in 1987**
- **Participation is FREE for Producers**
- **Over 2500 participants**
- **Over 900 engaged in some sort of Agritourism**
 - Farm Fun – corn mazes, pumpkin patches, etc.
 - Pick Your Own
 - Wineries
 - Equine Operations
 - Breweries & Distilleries
- **157 Farmers Markets**
- **353 Food Manufacturing**
- **FREE to consumers**



Website and Mobile App







Facebook

Pick TN Products
May 18 · 🌐

If you are looking for flowers fresh from the farm, check out [Southern Flora Farms](#) at the East Nashville Farmers Market and the Franklin Farmers Market!

Southern Flora Farms is a diverse market garden operated by a soon-to-be husband and wife team, Kristin Casanave and Will Nickels. In addition to flowers, they grow a variety of produce, everything from lettuce in the Spring to pumpkins in the fall. Southern Flora also has dried wreaths and flower arrangements available for... [See More](#)








You, Keith Harrison, Amy Tavalin and 373 others · 17 Shares

Like Comment Share

Pick TN Products
August 9 · 🌐

Reggie Stratton and Alyssa Clemons with [Stratton Farms](#) promoted buying local at a recent parking lot event at [Cooke's Food Store](#) in Cleveland, TN.

Tennessee produce is still going strong across the state, look for the [Pick TN Products](#) logo to make your local connection!

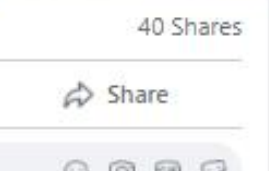
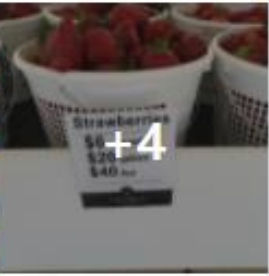




You, Keith Harrison and 60 others · 2 Comments 5 Shares

Like Comment Share

We are excited to introduce new Pick Tennessee Products members Zach & Kyndle Erhard of [Oak Grove Farms](#)!

Check out their market at 517 West Main St. in Gallatin. You can find everything from strawberries to honey straight from their farm.



418 · 40 Shares

Like Comment Share

Write a comment

Instagram



What's New?!

Wellness Events Page

tn.gov/wfhtn/wellness-events.html

The screenshot shows the website's header with the logo, a search bar, and a navigation menu. A red banner for COVID-19 information is present. The main content area features a sidebar with a menu and a main section titled 'Wellness Events' with a list of links.

Working for a Healthier Tennessee

Go to TN.gov

Search Working for a Healthier Tennessee

Home About Us Success Stories Activities & Challenges Resources Wellness Council Dashboard Forms Achievement Levels Newsroom

COVID-19 INFORMATION

Working for a Healthier Tennessee

- About Us
- Events
- Success Stories
- Activities & Challenges
- Resources
- Wellness Council Dashboard
- Forms
- Annual Celebration

Wellness Events

- > WELLNESS CALENDAR
- > ACTIVITIES
- > WEBINARS
- > WORKOUTS
- > WEBEX TIPS

June Wellness Calendar & Virtual Events

JUMP INTO JUNE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 1-3			Join this month's Virtual 5K - June Bug Dash! <i>(Click on the challenges tab.)</i>	Join our all-agency Wellness Week June 6-10! <i>(Click on the challenges tab.)</i>	Get active outdoors by visiting one of the many Tennessee Greenways, Trails or State Parks!
June 6-10	Join us for Yoga for All (with Sophia) from 12-12:15 p.m. <i>(Calendar invite)</i>	Check your inbox for our Be Well @Work newsletter! <i>(Calendar invite)</i>	Join DHS for a 10-minute Fitness Break from 11-11:10 a.m. <i>(Link to join)</i>	Join the Aging Healthfully webinar from 11 a.m. - 12 p.m. <i>(Register here)</i>	Season your foods with herbs and spices in honor of National Herbs and Spices Day!
June 13-17	Read our Men's Health Handout in honor of Men's Health Month.	Join the Tennessee State Parks Healthy Parks Healthy Person Info Session from 12-12:30 p.m. <i>(Calendar invite)</i>	Try a new recipe, like Tofu Ramen Soup with Spinach.	Join DCS for a Fitness Break from 11-11:15 a.m. <i>(Calendar invite)</i>	Take your lunch hour for National Take Back the Lunch Break Day!
June 20-24	Get to know WFHTN team member Natalie , our communications coordinator!	Join the International Yoga Day Sampler from 9:30-10 a.m. <i>(Calendar invite)</i>	Get inspired by watching Cris' success story!	In honor of National Fruits & Vegetables Month, check out a local Farmers Market!	Join Yoga: Core & More from 12:15-12:45 p.m. <i>(Calendar invite)</i>
June 27-30	This week, take note of what you ate and how you felt using this Weekly Food Journal.	Are You Financially Fit?	Join Yoga for All from 12-12:15 p.m. <i>(Calendar invite)</i>	Looking for a way to cool down? Check out this Raspberry-Lemonade Slushie!	Please note: All times are listed in the Central time zone.

VIRTUAL EVENTS JUNE 2022

WEBINARS

AGING HEALTHFULLY

(Presented by Here4TN)
Thursday, June 9 from 11 a.m. - 12 p.m.
Link to register.

TENNESSEE STATE PARKS HEALTHY PARKS HEALTHY PERSON INFO SESSION

(Presented by TDEC)
Tuesday, June 14 from 12-12:30 p.m.
Link to join. Calendar invite.

CHALLENGES WELLNESS WEEK

June 6-10
Learn more about each daily challenge.

VIRTUAL SPRING 5K SERIES

June Bug Dash
June 1-30
Learn how to participate.

For descriptions of all events, visit <https://www.tn.gov/wfhtn/wellness-events.html>

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

WORKOUTS

YOGA FOR ALL (WITH SOPHIA)

Mondays from 12-12:15 p.m.
Link to join. Calendar invite.

DHS FITNESS BREAK

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

YOGA FOR ALL

Wednesdays from 12-12:15 p.m.
Link to join. Calendar invite.

DCS FITNESS BREAK

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

YOGA: CORE & MORE

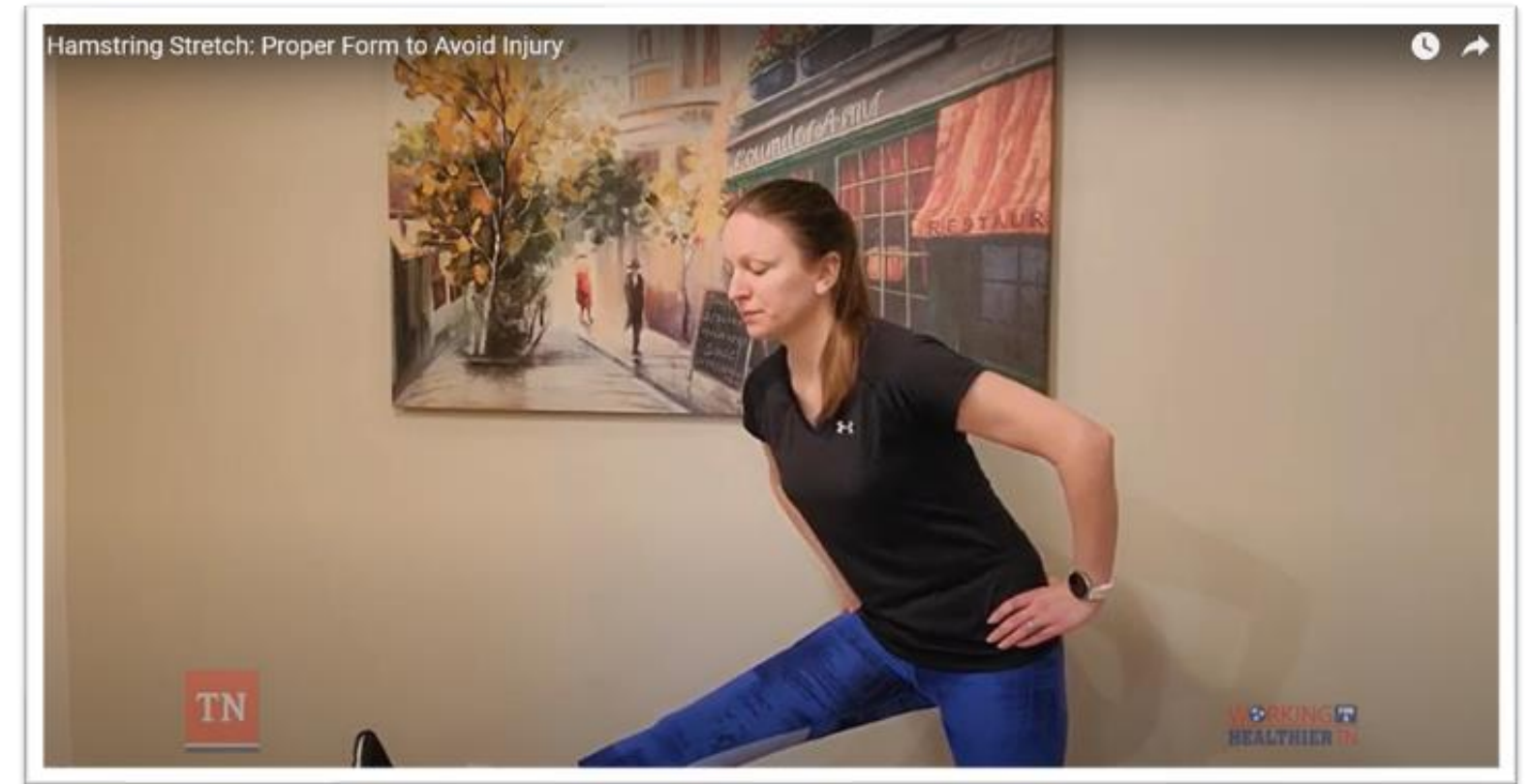
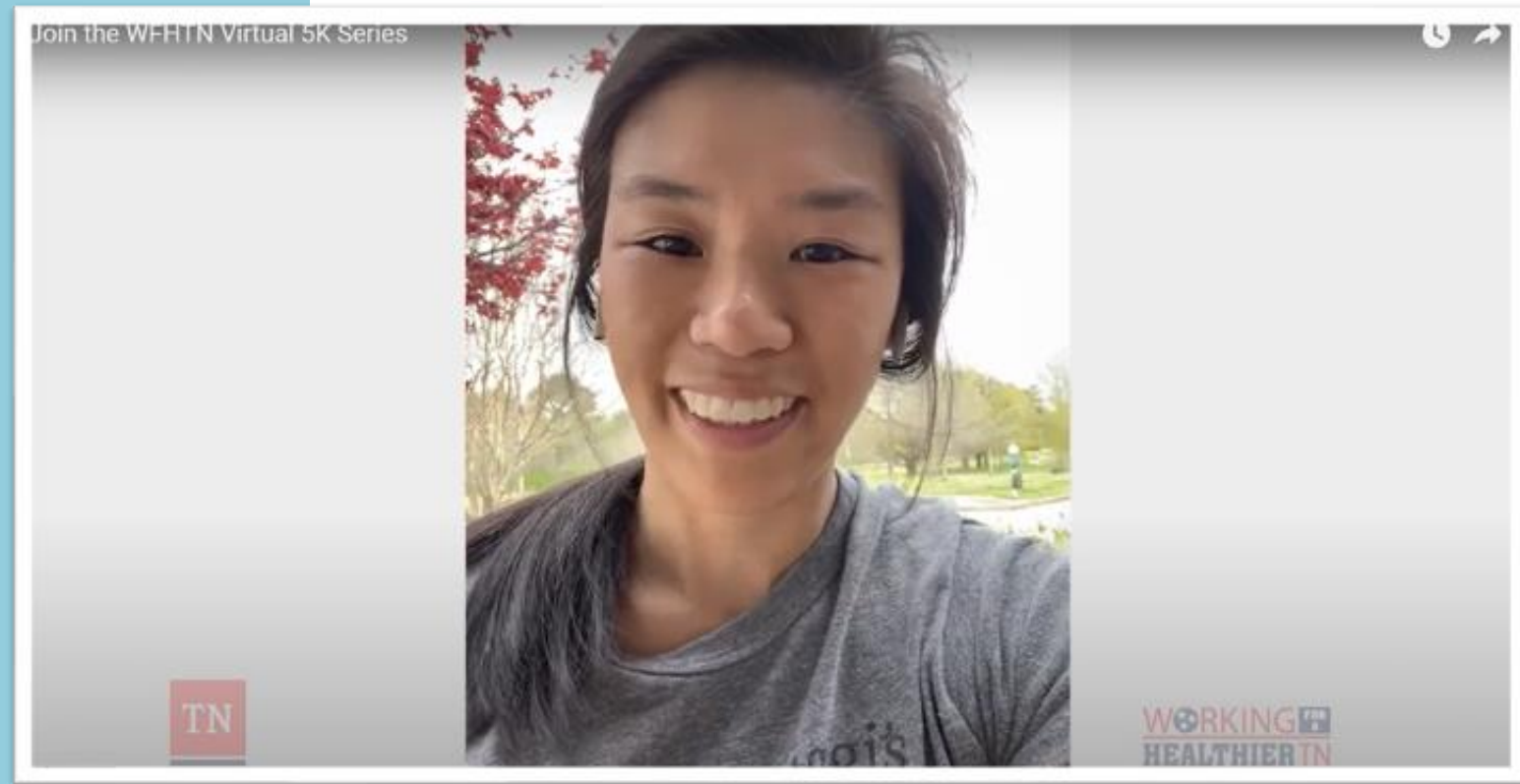
Fridays from 12:15-12:45 p.m.
Link to join. Calendar invite.

ACTIVITY

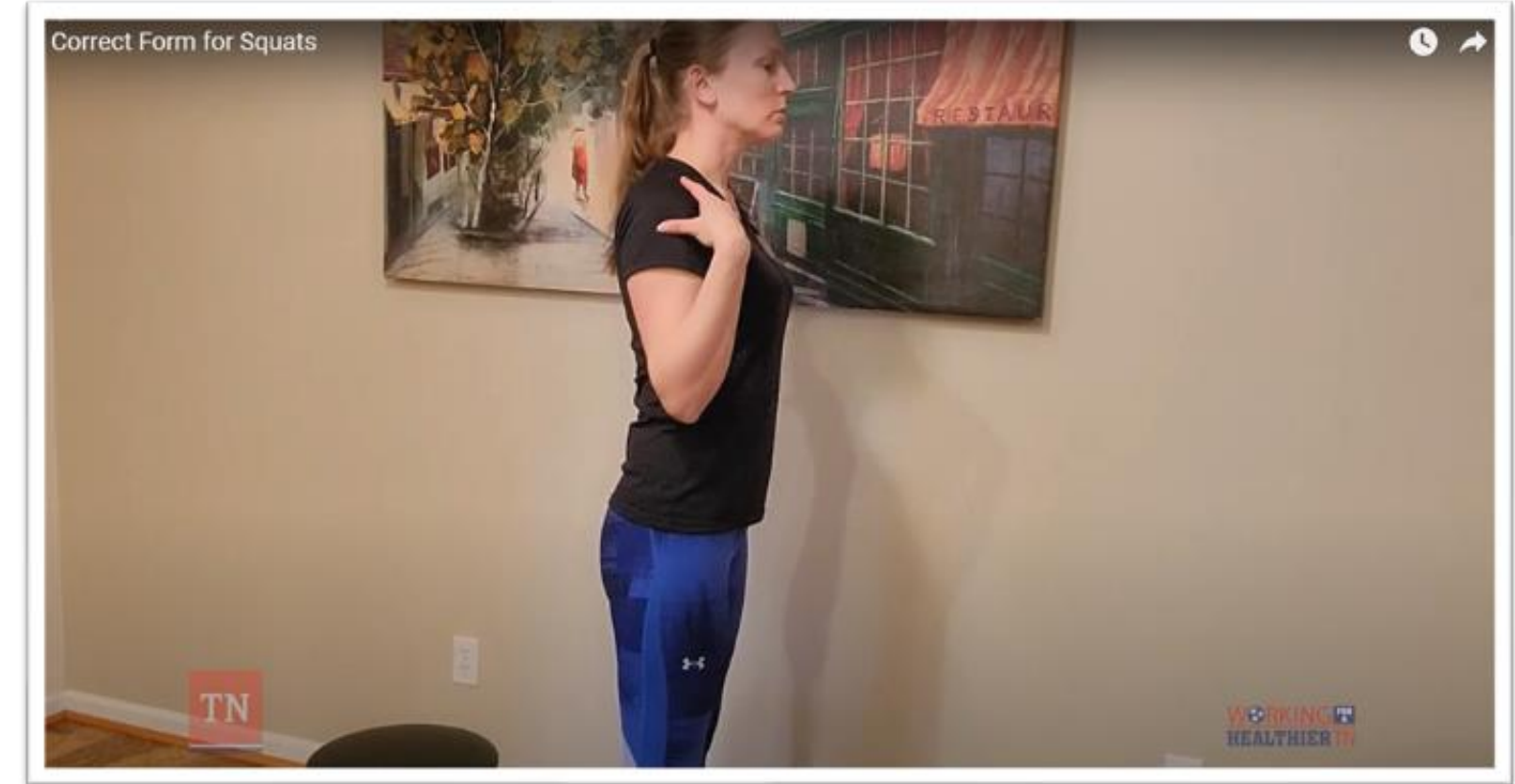
INTERNATIONAL YOGA DAY SAMPLER

Tuesday, June 21 from 9:30-10 a.m.
Link to join. Calendar invite.

WFHTN YouTube Videos



Subscribe to our YouTube channel: [YouTube.com/TNSiteChampions](https://www.youtube.com/TNSiteChampions)



Wellness Council Spotlight

Spring 5K Series

May the Course Be With You



Flower Photo Contest

Department of Correction

Best In Show
Devin M Hilton



Best Color(s)
1st Place: Emily Rogers
2nd Place: Holly P Mosley



TN Department of Correction
FLOWER PHOTO CONTEST



Best Grouping
1st Place: Mickie Daugherty
2nd Place: Lori L Brown



Best Wildflowers
1st Place: Tracina A Cross
2nd Place: Debra Irvine

Earth Day

Department of Transportation



EARTH WEEK 2022

TREES, SEEDS, ICE CREAM & RIVER CLEANUP.

Celebrate Earth Day with TDOT Region 2! Learn about the importance of pollinators in our state, tree planting, and keeping our rivers beautiful!



April 19th & 20th:
Pollinator Bingo, Free Seed Packets and Tree Saplings, and FREE ICE CREAM

Located in Region 2 Atrium from 10-2:00



April 21st:
Chickamauga Lake Clean Up with Keep the TN River Beautiful!

Free T-shirt and lunch to participants! Sign up today and join the Nobody Trashes Tennessee Campaign!

RIVER CLEANUP SIGNUP:



SCAN ME

Earth Day Transportation



How to Play Pollinator BINGO

with **POLLI** the **BEE**

Before play begins, open the red windows by pushing them to the *left*.  **Open** → **Marked**

To mark a space, close the red window by pushing it to the *right*.

- 1 START THE GAME:**
Each Player starts the game by closing the **FREE** center space.
- 2 SPOT AN OBJECT:**
A Player says the name of an object they see, then each Player marks the same space by closing the window.
- 3 CALLING BINGO:**
Five-in-a-row wins the game!

□	□	□	□
□	□	□	□
□	□	□	□
□	□	□	□
□	□	□	□

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□	□	□	□
□	■	□	□
□	□	■	□
□	□	□	■
□	□	□	□

Across Up & Down Diagonally

Game Variation: Set a time and/or distance limit for the game. The player with the most objects marked wins the game.

Pollinators are a diverse group of species which includes **birds, bees, butterflies, bats and beetles**.
They are **critical to life** and they are in decline due to loss of habitat, pests, pathogens, and pesticides.
To help pollinators, create native plant gardens, minimize pesticide use, and protect and provide habitat.
For more information on pollinators, go to **TDOT Pollinator Program** or www.tnpollinators.org

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Upcoming Schedule

July Wellness Council Webinar

Thursday, July 7 from 9-9:45 a.m. Central

Annual Awards Celebration

Wednesday, July 20 from 9-10 a.m. Central

Quarter 4 Activity List

Due Thursday, June 30

For our full virtual event list, please visit
tn.gov/wfhtn/wellness-events.html



Your Updates!



WHAT'S
GOING
ON?

Questions





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