

# WELLNESS COUNCIL WEBINAR

May 2022



/WFHTN



@WFHTN



@WorkingForAHealthierTN



/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

# Today's Agenda

Quarterly Activity List

Guest Speaker

2-minute Challenge

Wellness Council Spotlight

What's New?!

Upcoming Schedule

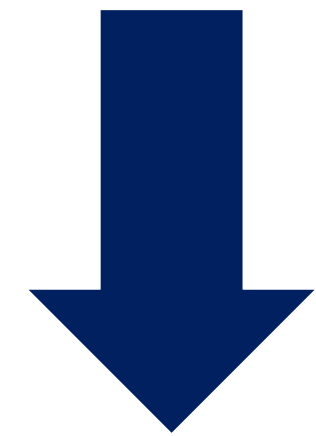
Sharing

# Quarterly Activity List

# Friendly Reminders

## Fiscal Year 2022

July 2021 – June 2022



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

# May Suggestions

- [Mental Health Quiz](#)
- [How to Support Mental Health Concerns in the Workplace](#) (webinar) – Tuesday, May 10 from 1-1:30 p.m. CT
- [Bone Health Basics](#)
- [Prenatal Health Care](#)
- [Mediterranean Diet Trivia](#) – Tuesday, May 19 from 1-1:15 p.m. CT
- [Social Media: Use and Misuse](#) #4Mind4Body webinar - Thursday, May 26 from 11:30 a.m. - 12:30 p.m. CT
- [Spring 5K Series](#) (*Physical Activity, Inspire Change*)



# 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](#).

# GUEST SPEAKER



**Kyle Jones**

*Communications Coordinator  
Department of Labor & Workforce Development:  
Bureau of Workers' Compensation*

**Ready for a Challenge?!**



# 2-Minute Challenge

**Let's do nothing for two minutes.  
Are you up for it?**

[Do Nothing for 2 Minutes](#)



# What's New?!

# Wellness Events Page

[tn.gov/wfhtn/wellness-events.html](https://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

# May Wellness Calendar & Virtual Events

## MAKE THE MOST OF MAY



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2-6	Join this month's <b>Virtual 5K</b> - May the Course Be with You!	Check your inbox for our <b>Be Well @Work</b> newsletter!	Learn your " <b>Bone Health Basics</b> " in recognition of National Osteoporosis Month.	Join the <b>Avoiding Walking/Exercise "Mis-steps"</b> webinar from 11:30-11:50 a.m. (Calendar invite)	Take a break from your device today for <b>Screen-Free Week!</b>
May 9-13	Take this <b>Mental Health Quiz</b> in honor of Mental Health Month.	Join the <b>How to Support Mental Health Concerns in the Workplace</b> webinar from 1-1:30 p.m. (Register here)	Join DHS for a <b>10-Minute Fitness Break</b> from 11-11:10 a.m. (Link to join)	Join DCS for a <b>Fitness Break</b> from 11-11:15 a.m. (Calendar invite)	Get to know your <b>wellness options</b> as a state employee so you can get the resources you need!
May 16-20	Join us for <b>Yoga for All (with Sophia)</b> from 12-12:15 p.m. (Calendar invite)	Do something to <b>keep your eyes healthy and protect your vision</b> today!	Join <b>Yoga for All</b> from 12-12:15 p.m. (Calendar invite)	Join us for a <b>Trivia Break</b> from 1-1:15 p.m. (Calendar invite)	Try a new recipe, like these simple, 30-minute <b>Mediterranean Baked Sweet Potatoes</b> .
May 23-27	Get to know WFHTN team member <b>Kayla</b> , our assistant director of population health!	Join the <b>Sanvello App Demo</b> from 10-10:15 a.m. (Calendar invite)	Connect with on-demand help to dial down stress, anxiety and depression - anytime - with <b>Sanvello</b> .	Join the <b>Social Media: Use and Misuse</b> webinar from 11:30 a.m.-12:30 p.m. (Register here)	Join <b>Yoga: Core &amp; More</b> from 12:15-12:45 p.m. (Calendar invite)
May 30-31	Happy Memorial Day!	Check out " <b>100 Reasons to Quit Tobacco</b> " for World No Tobacco Day!	Please note: All times are listed in the Central time zone.		

## VIRTUAL EVENTS MAY 2022

### ACTIVITIES

**TRIVIA BREAK WITH MORGAN**  
Thursday, May 19 from 1-1:15 p.m.

### WEBINARS

**AVOIDING WALKING/EXERCISE "MIS-STEPS"**  
Thursday, May 5 from 11:30-11:50 a.m.

**HOW TO SUPPORT MENTAL HEALTH CONCERNS IN THE WORKPLACE**  
(Presented by Here4TN)  
Tuesday, May 10 from 1-1:30 p.m.

**SANVELLO APP DEMO**  
(Presented by Here4TN)  
Tuesday, May 24 from 10-10:15 a.m.

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

### WORKOUTS

**YOGA FOR ALL (WITH SOPHIA)**  
Mondays from 12-12:15 p.m.

**DHS FITNESS BREAK**  
Wednesdays from 11-11:10 a.m.

**YOGA FOR ALL**  
Wednesdays from 12-12:15 p.m.

**DCS FITNESS BREAK**  
Thursdays from 11-11:15 a.m.

**YOGA: CORE & MORE**  
Fridays from 12:15-12:45 p.m.

**CHALLENGES**  
**VIRTUAL SPRING 5K SERIES**  
April-June

# WFHTN YouTube Videos

Join the **WORKING FOR A HEALTHIER TN**  
**Virtual 5K Series**



# WFHTN Team Spotlight Series

[www.tn.gov/wfhtn/about-us/meet-the-team.html](http://www.tn.gov/wfhtn/about-us/meet-the-team.html)

## Team Spotlight Series



**Kayla**  
Assistant Director  
of Population  
Health



**Lindsey**  
Wellness  
Coordinator



**Morgan**  
Wellness  
Coordinator



**Natalie**  
Communications  
Coordinator

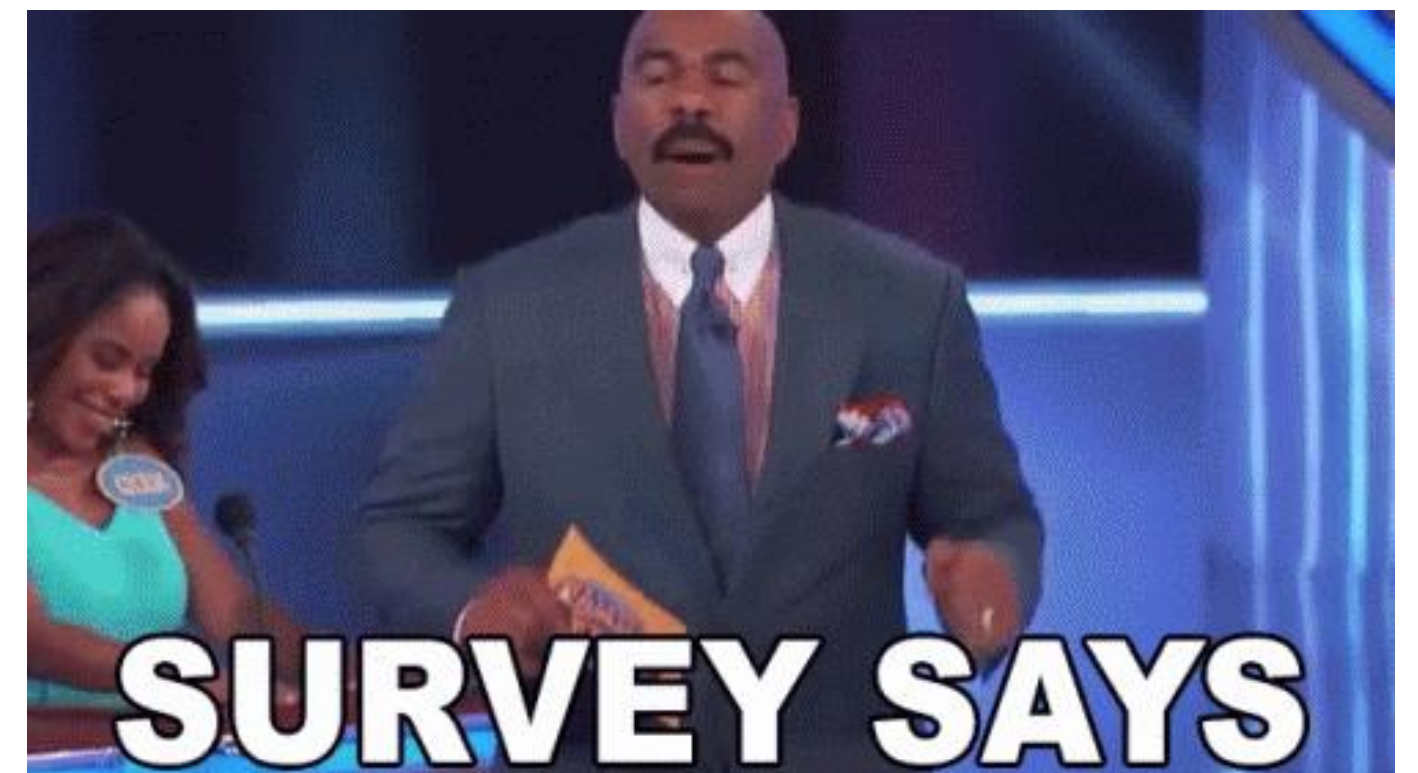


**Paige**  
Director of  
Population Health

# WFHTN Survey Results

**Are there any barriers that would prevent you from participating in wellness activities?**

- No barriers, I am ready to participate now (497)
- Inconvenient time or location (363)



# Wellness Council Spotlight



# LWD March Madness



# TennCare Spring Into Action Challenge



TENNCARE WELLNESS COUNCIL

## SPRING INTO ACTION CHALLENGE

SUNDAY, MARCH 20 THROUGH SUNDAY, MAY 29

*Join us in taking small, intentional actions that support our mind, body, and spirit!*

**WORKING FOR A HEALTHIER TN**

# Human Services Master Gardener Series

**Vegetable Gardening**

**Composting**

**Growing and Enjoying Herbs**



# WFHTN Spring 5k Series



## 2022 Westhaven 5K Memory Run

5K Memory Run

FULL COURSE

	OVERALL
<a href="#">Claim</a> <b>Jacob Carrigan</b> M 41   Bib 1475   Antioch, TN, USA	1
<a href="#">Claim</a> <b>Tristan Wallace-Langston</b> M 15   Bib 1462   Franklin, TN, USA	2
<a href="#">Claim</a> <b>Ty Butson</b> M 17   Bib 1282   Franklin, TN, USA	3



# Upcoming Schedule

## June Wellness Council Webinar

Thursday, June 2 from 9-9:45 a.m. CT

## Quarter 4 Activity List

Due: Thursday, June 30

For our full virtual event list, please visit  
[tn.gov/wfhtn/wellness-events.html](https://tn.gov/wfhtn/wellness-events.html)



# SAVE THE DATE!

## Annual Awards Celebration

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

SAVE  
== the ==  
DATE

# Your Updates!



WHAT'S  
GOING  
ON?

# Questions?







# Follow Us on Social Media!



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