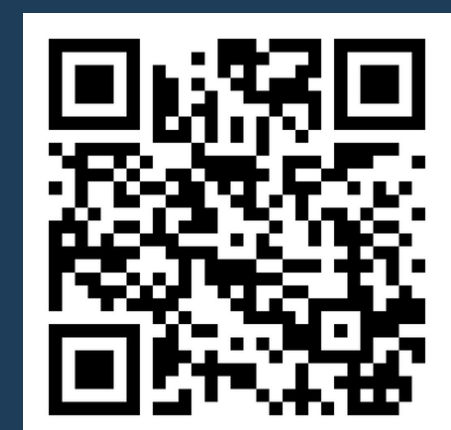


Wellness Council Webinar

October 2023



Encouraging and enabling state employees to lead healthier lives

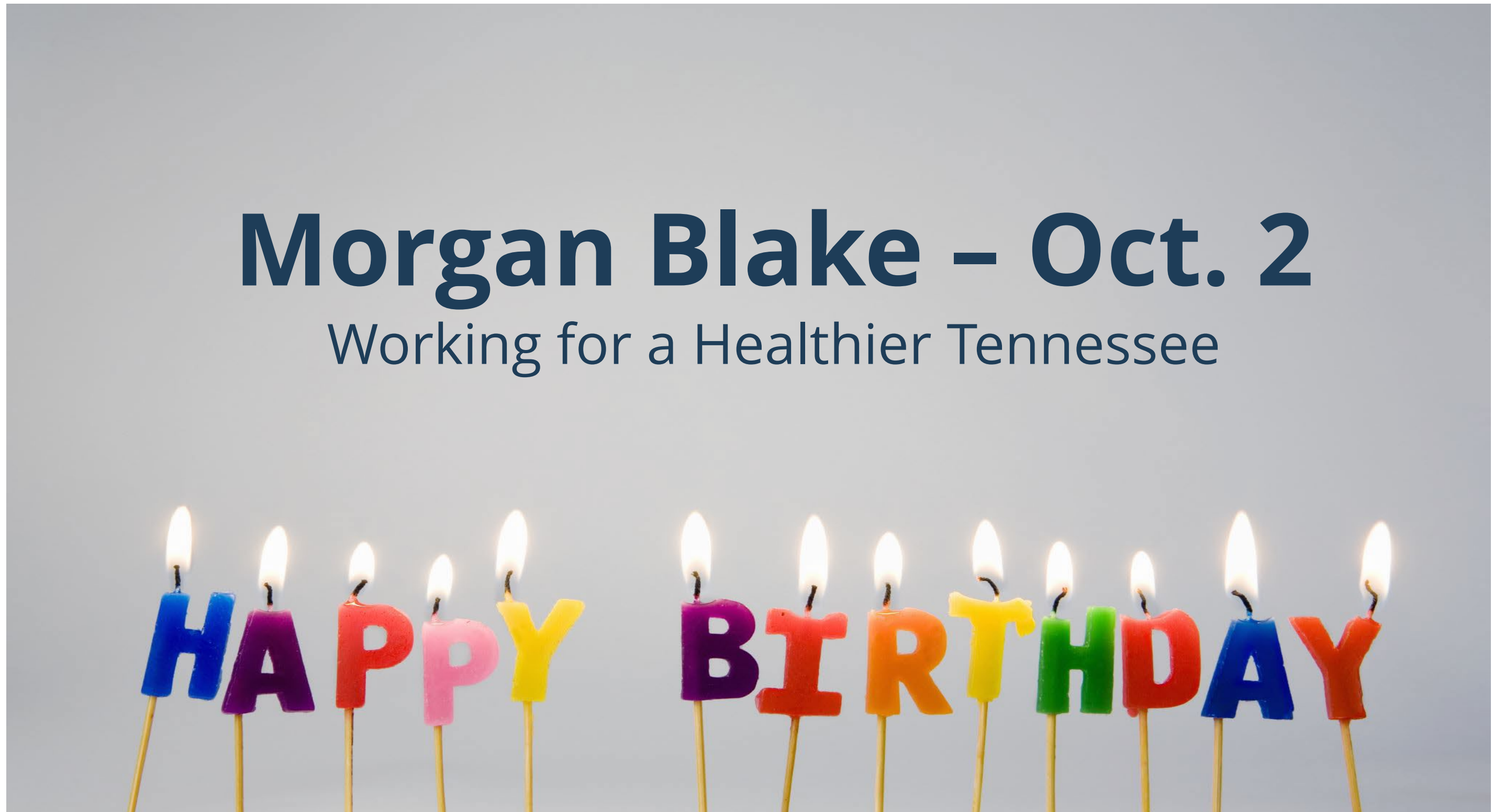
Today's Agenda

- **Celebrations**
- **Survey via Mentimeter**
- **Quarterly Activity List**
- **Reminders**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations!

Morgan Blake – Oct. 2

Working for a Healthier Tennessee



Let us know in the chat if you're celebrating something this month!

We need your feedback!



Wellness Council Survey

Please share your thoughts!



Quarterly Activity List

October Activities

[Q2 Activity List](#) now available!

Communicate:

- [How to Understand and Use the Nutrition Facts Label](#) in honor of Health Literacy Month.
- How co-workers can enjoy the fall foliage by getting active on one of the [greenways and trails](#) across the state.

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

October Activities

Engage:

- Meditation Break with Nat
Wednesday, Oct. 18 from 11:30 a.m. – 12 p.m. CT.
Give your mind a break with live, virtual meditation.
[Download calendar invite.](#)

- Well-being Check-in
Tuesday, Oct. 24 from 12-12:30 p.m. CT.
Practice guided imagery!
[Download calendar invite.](#)

October Activities

Inspire Change:

- Participate in our [Pick Tennessee Products Photo Contest](https://stateoftennessee.formstack.com/forms/wfhtn_pick_tennessee_products_photo_contest).
Submit photos by Tuesday, Oct. 10:
https://stateoftennessee.formstack.com/forms/wfhtn_pick_tennessee_products_photo_contest
 - Voting will take place Oct. 16-19.
- Host a recipe swap for healthier options in honor of National Cookbook Month:
https://stateoftennessee.formstack.com/forms/wfhtn_virtual_healthy_recipe_swap
- Participate in our [Planksgiving Challenge](https://www.tn.gov/wfhtn/challenges/wellness-events.html) (Nov. 1-30).

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Reminders

Liability Waivers

Who is responsible? We all are!

- If your agency is hosting an event, use your agency's liability waiver.
- A department or agency-specific liability waiver is needed for all physical activities and events hosted by each Wellness Council.
- The waiver should be reviewed by your legal team annually.
- Some legal teams approve the same waiver used by WFHTN.
If this occurs, we can create an online Formstack liability waiver for you.
- Let us know how we can help!

October Wellness Calendar

Optimistic October



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2-6	Talkspace is your space. It's private, confidential, convenient, and it's included as part of your EAP and behavioral health benefits.	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite)	In honor of Breast Cancer Awareness Month , send in photos <u>with permission</u> showing off your pink to WFHT.TN@tn.gov .	What makes a good life? Check out this TED Talk about lessons from the longest study on happiness .	Learn about breast cancer awareness .
October 9-13	Join Yoga for All every Monday from 12-12:15 p.m. (Calendar invite)	Get active on one of the more than thousand greenways and trails across the state.	Join the Pick Tennessee Products Scavenger Hunt from 1-1:30 p.m. (Calendar invite)	Have you ever wondered what a serving size looks like? Check out this 30-second video .	October is National Apple Month! Celebrate by enjoying an Apple Peanut Butter Smoothie .
October 16-20	Are you familiar with the ParTNers for Health wellness program ? <u>Learn if you're eligible to earn an incentive</u> .	Don't be scared by these Halloween Banana Popsicles . Give them a try!	Join the How to Support Mental Health Concerns with Friends & Family webinar from 11:30 a.m. - 12:30 p.m. (Register)	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Submit a healthy recipe in honor of National Cookbook Month (October).
October 23-27	October is National Pumpkin Month. Try this Pumpkin Fluff Dip .	Attend our Well-being Check-in and practice guided imagery from 12-12:30 p.m. (Calendar invite)	Take a 10-Minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Read How to Understand and Use the Nutrition Facts Label in honor of Health Literacy Month.	Do you have an employee success story to share? Let us know and we'll help you inspire others!
October 30-31	Plan ahead to improve your strength. Learn How to Plank on Wednesday, Nov. 1 from 12-12:20 p.m. (Calendar invite)	Complete the Healthier Halloween Scavenger Hunt by Wednesday, Nov. 8. Five participants chosen at random will win a prize!	Please note: All times listed are in the Central time zone.		

Wellness Council Activity Submission Form



Eddie Brewer

Commerce & Insurance

Christine Garcia

Intellectual & Developmental
Disabilities

Wellness Council Spotlights

Find Your Flow Yoga Challenge

222 employees from 27 agencies!

- “Thanks to this challenge for helping me get back on track!”
-Department of Revenue
- “I have struggled with this cold bug, and this is just what I needed to get back into my fitness routine. Thanks!”
-Department of Intellectual & Developmental Disabilities
- “I love practicing yoga and with this being my first ‘real’ job right out of college, I am super excited to see how I may be able to implement this practice into my busy work day! This is an exciting challenge to join after only two weeks into working for the State of TN.”
-Department of Environment & Conservation

Tailgating with The Sunshine Club

Tennessee Courts



Stretching it Out!

Department of Human Services



Food Safety Month

Departments of Human Services & Agriculture



Food Safety Presentation with Dept of Ag

Date Marking

What If I Freeze The Food?

Freezing the food stops the date marking clock, however, it DOES NOT reset it.

The freezing date and thawing date must be provided on the container, along with preparation date to indicate how many of the original seven days have been used.

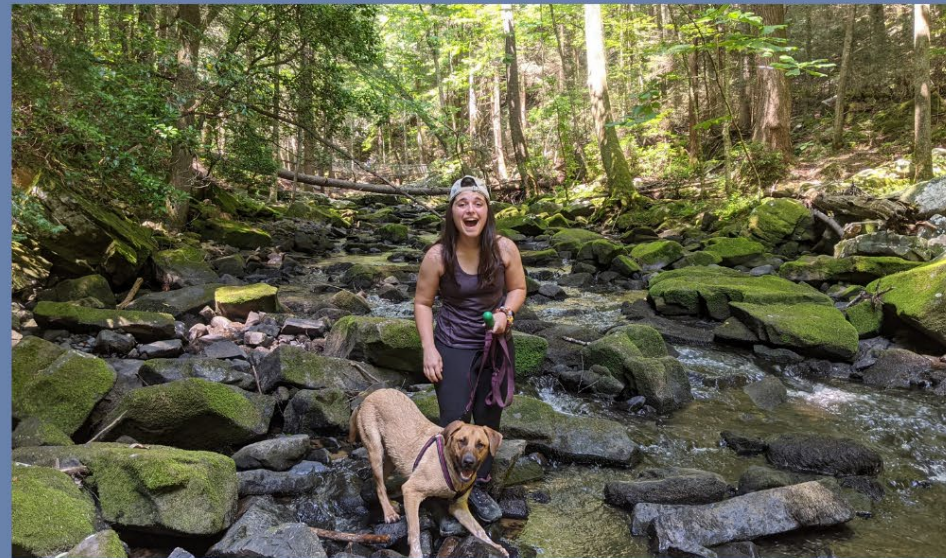
Example: Joe cuts fresh deli meat into portions and places in the freezer that afternoon. Since preparation counts as the first day, the deli meat should be date marked for a 6 additional days when removed from freezer for use.

TN Department of Agriculture

Summer Fun Photo Contest

Department of Transportation

Getting Active

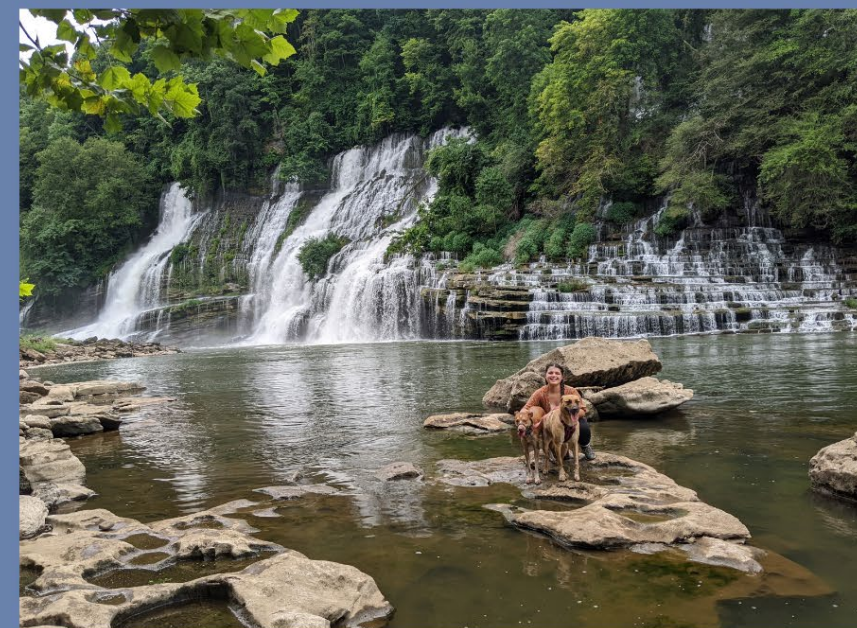


Summer Fun Photo Contest
Winners

Nature Shot



Water Shot



Stretch Break & Team Building

Department of Health



Passing the Meditation Torch

Department of Health



Velociraptor Awareness Month

Department of Commerce & Insurance



Eat Healthier and Move More

Department of Revenue



Our Special Investigations team recently had a training retreat at Fall Creek Falls State Park ! They finished the week off with a guided hike! Thank you, Working for a Healthier Tennessee, for helping facilitate this! 🥾

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TN Tennessee Department of Revenue 2h · 🌐

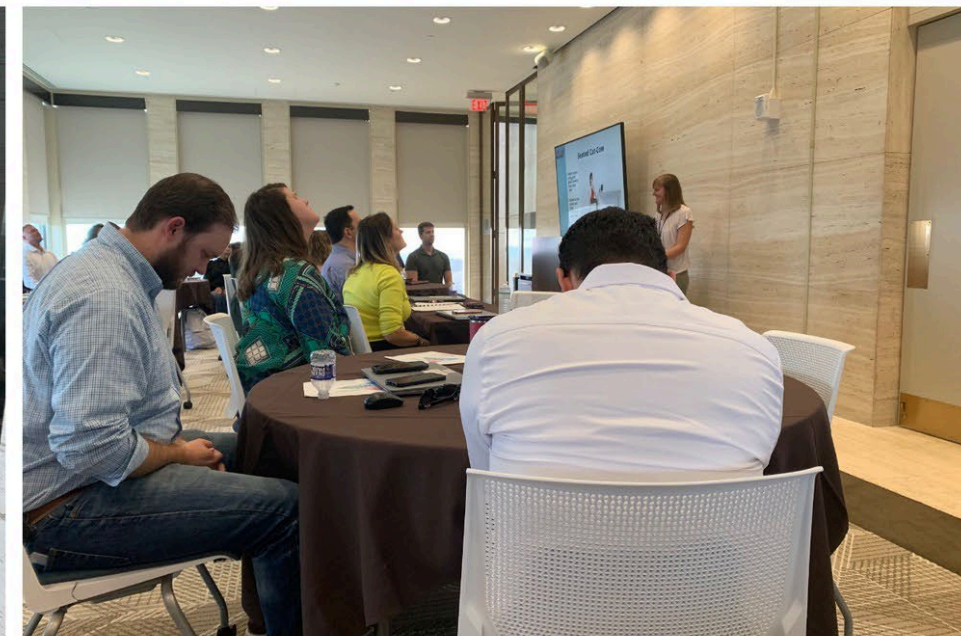
Audit team member, Jimmy Setser, had a scary diagnosis that led to a major lifestyle change! In just a few short months he's turned things around! Thank you, James, for sharing your story! [Working for a Healthier Tennessee](#)

TN James Setser
Audit member on a health journey

0:08 / 1:36

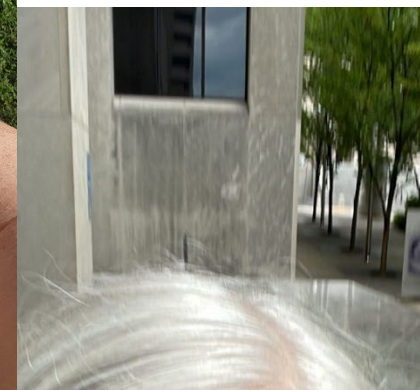
Mindfulness Break

Department of Revenue



60 Miles for 60 Years

Commission on Aging & Disability





Upcoming Schedule

November Wellness Council Webinar

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

Quarter 2 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit
<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates



WHAT'S
GOING
ON?

Questions





Don't miss an update!
Follow us on social media.



[/WFHTN](#)



[@WorkingForAHealthierTN](#)



[@wfhtn](#)