

2015 COS Wellness Committee

December 17, 2015 Meeting Agenda

2015 Committee Members

Scott Christiansen (Water Plant)	Donna Matthews (PW & Gen Services)
Sarah Jordan (WWTP)	Betty Seawell, Chairperson (HR)
Darla Cole (Police)	Steve Little, Adhoc Member, Mark III Benefits
Alex Collazo (Fire)	Anne Sears (Community Development)
Jeremy Cleary (Sewer C&M)	David Von Canon (Golf)
Meagan O'Neal (Finance)	

The City of Sanford's fourth quarter 2015 Wellness Committee Meeting was held Tuesday, October 6, 2015 @ 3P in the City Hall Council Chambers Conf Room.

Coordinator(s)

- **Update on 4Q2015 Lunch-n-Learns**

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|---|-----------------|
| 1. November -- Saving for your Future
*6 employees participated | David Von Canon |
| 2. November – Sleeping Disorders
*11 employees participated | Sarah Jordan |
| 3. December – Charity / Helping Others
*5 employees participated | Anne Sears |

- **Update on 4Q2015 Activities**

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|--|-----------------|
| 1. October 8 – Flu Vaccinations
*112 employees participated | Karen Ragland |
| 2. November 5 – City vs. County Bowling Challenge
*City won this challenge!!! | Donna Matthews |
| 3. November 5 & 17 – Massage Days
*30 employees participated | Sarah Jordan |
| 4. December 1-31 – Holiday Team Fitness Challenge
*entire month of December | David Von Canon |

- **Year-end Update**

(45 minutes)

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|---|-------------------|
| 1. Review 2015 Accomplishments <ul style="list-style-type: none"> • Committee meetings • Committee members participation • Activities and Lunch-n-learn participation charts | Karen Ragland |
| 2. Identify 2015 Challenges | Committee Members |
| 3. ID 2016 Committee Members | Karen Ragland |