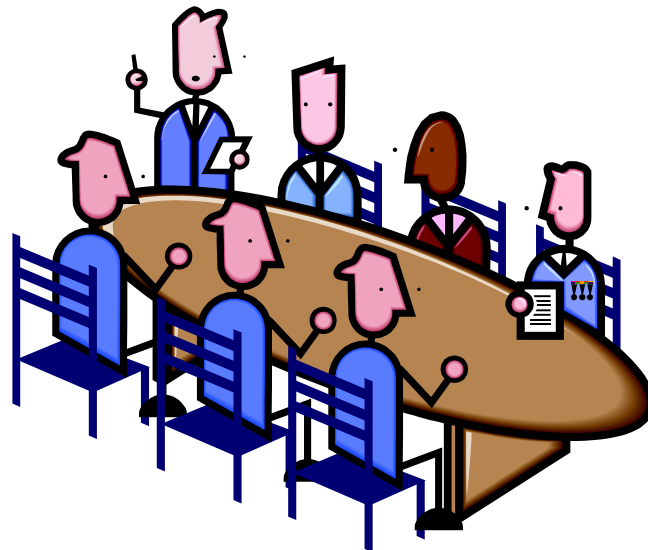


# WELCOME

*City of Sanford*

**2015 Wellness Committee Meeting**

**Tuesday, January 6, 2015**



# *Today's Agenda*



- **Welcome / Introductions** 5 min.
- **Recap of 2014 Wellness Program** 10 min.
- **Review Committee Responsibilities** 5 min.
- **Committee Mission & Goal** 15 min.
- **ID 2015 Wellness Initiatives** 45 min.
  - Team 1: Quarterly Activities
  - Team 2: Monthly Lunch-n-Learn & Newsletter Topics
- **Teams Report Out** 10 min.

# Expected Outcomes

## Team 1 -- Activities

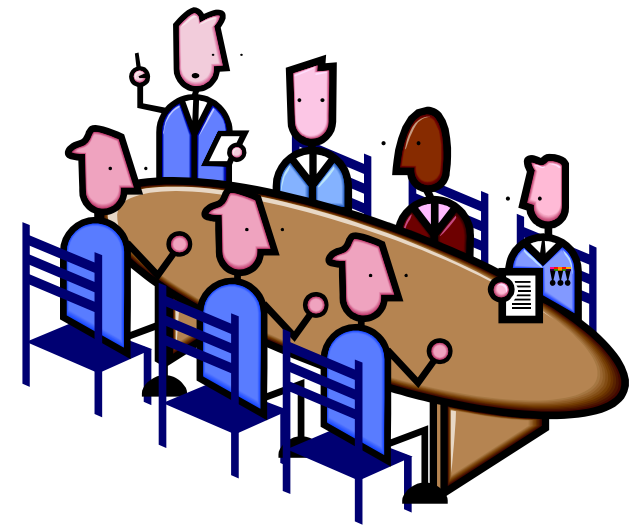
1. Identify 2015 Wellness Activities
2. Identify activity dates (quarter)
3. Identify Coordinator for each activity



## Team 2 – Lunch-n-Learns

1. Identify 10 monthly Lunch-n-Learns & newsletter topics
2. Identify Lunch-n-Learn dates (quarter)
3. Identify Coordinator for each Lunch-n-Learn & newsletter topic

# 2015 Wellness Committee Members



1. Scott Christiansen (Water Plant)
2. Jeremy Cleary (Sewer C&M)
3. Darla Cole (Police)
4. Alex Collazo (Fire)
5. Sarah Jordan (WWTP)
6. Donna Matthews (Public Works & General Services)
7. Meagan O'Neal (Finance & Revenue)
8. Anne Sears (Community Development)
9. David VonCanon (Golf)
10. Betty Seawell, Chairperson (HR/IT/Legal/Engineering)
11. Steve Little (Mark III Wellness Program Coordinator)

# 2015 Wellness Committee Meetings Schedule

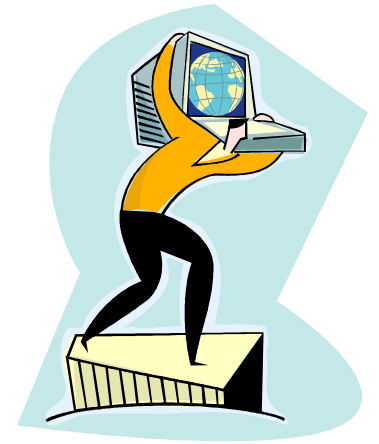


**Meeting Room Location:** City Hall Council Chambers Conf Room

## **Dates/Time:**

Jan 6 <sup>th</sup>	@ 3:00P	Identify 2015 Wellness Initiatives
Feb 3 <sup>rd</sup>	@ 3:00P	Plan 1Q Initiatives
Apr 7 <sup>th</sup>	@ 3:00P	Plan 2Q Initiatives
Jul 7 <sup>th</sup>	@ 3:00P	Plan 3Q Initiatives
Oct 6 <sup>th</sup>	@ 3:00P	Plan 4Q Initiatives
Dec 8 <sup>th</sup>	@ 3:00P	Year-end Review

# Committee Members Responsibilities



- ✓ Attend quarterly committee meetings
- ✓ Help plan Wellness Program and assist with the coordination of a least 2 initiatives
- ✓ Be Wellness Ambassadors -- Communicate plans & activities to co-workers, supervisors & department heads