



Manawa Health & Wellness Committee

Wednesday, May 20th 2015

3:30- 4:30 PM

MES – Board Room

*As wellness committee members we are champions of wellbeing
and influence our peers with our actions & support.*

Agenda

- 1) WELCOME 😊**
- 2) Establish 2015 / 16 MHWC meetings dates / times. Consider four meetings per calendar year + various activities throughout the year.
- 3) Define and create the MHWC purpose and vision.
- 4) Establish MHWC goals.....reasons for the goal, what determines success, strategies / tools to help reach our goals, marketing tactics to share our goals and reach staff.
- 5) Review Health & Wellness components that are currently in place (EAP, PHA, TC Monthly Newsletters & health topics, Health Coach).
- 6) Identify challenges / barriers and brainstorm ways MHWC can help to maximize the use of established resources while creating increased moral, motivation and employee support. (Consider mental, emotional & physical health and positive cultural shifts).
- 7) Brainstorm ideas for quarterly activities that will allow us to meet our committee goals (THINK OUTSIDE OF THE BOX.....YOU KNOW BEST WHAT YOUR CO-WORKERS NEED IN TERMS OF SUPPORT....BRING THOSE IDEAS & THAT COMPASSION WITH YOU AND BE WILLING TO SHARE!!)**