

JULY/AUGUST WELLNESS COMMITTEE MEETING

July 16, 2013

HR Conference Room

AGENDA

\*\*\* 1:30 P.M.\*\*\*

1. Update on 100 Miles in 100 days
  - a) 72 participants
  - b) 14832.95 miles in 100 days
  - c) 206 miles per participant
  - d) 147 miles per day
  - e) \$5 Subway gift card
2. New Yoga Class @ Midtown
3. Propose wellness meetings every other month
4. Update on RFP for Wellness Vendor
5. 2013 Corporate Cup Run – Dennis Rookstool
  - a) Run
  - b) T-shirt contest
  - c) “Road to Corporate Cup Run Challenge”
6. Fit City – new fitness center – discount for employees
7. Update on expenses
8. Update of the Health Center, Corrections, Sheriff and Youth Center Wellness subcommittee
9. Other Business
10. Adjournment – Next regular meeting September 17, 2013 @ 1:30p Room 903