

# Agency Wellness Champions Team Minutes

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February 25, 2014

## In Attendance:

### In Person:

Linda Feltes  
Catherine Ryan  
Lynn Burwell  
Genny Johnston  
Debbie Lerdahl  
Lorelei Peters  
Nikki Trifilette

Sandy Stolt  
Ang Croisant  
Lauren Burks  
Sandy Karnowski  
Denice Malone  
Elizabeth Ossers  
Mark Fiers  
Barb Sporlein

Lorelei Peters  
Ned Rousmaniere  
Beth Lundholm  
Stacey Phillips  
Sally Kupferschmidt  
Dave Cole  
Washington Nguyen  
Tamara Bohmert

### Via Ready Talk:

Christy Husby  
Lauren Burkes  
Genny Johnston  
Cathy Ellis  
Alla Slutsky

Eileen Brooks  
Joyce Traczyk  
Christine Wojdyla  
Jake Feneis  
Dawn Cvengros

Tony Becker  
Brenda Tuma  
Dana Matson

## Creating and Sustaining a Culture of Health at the Worksite

Presenter: Kris Vogel, BlueCross BlueShield MN

- We reviewed strategies to strengthen our worksite well-being efforts.
- We completed a “wellness checklist”.
- And we reviewed sample tools and resources (sample policy, plan and communications) to support best practice policies with focus on physical activity, healthy eating and tobacco cessation.

Please see presentation in PowerPoint below. Other hand-outs were distributed via email in advance of the meeting.

## Round Robin Updates

- Updates were shares. Please contact Linda if you miss having the list of updates reproduced here!

## Next Meeting

Tuesday, March 25, 2014  
1:30-3 pm

Ladyslipper Room, Centennial Office Building

Topics:

- Interpreting and sharing Work Well Summary and StayWell Personal Health Assessment Summary results
- Planning a Health Fair
- Updates

*(please click on BCBS presentation below )*



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