

LIBRO

WELLNESS COMMITTEE MEETING - MINUTES

Date: 2024-10-10
Time: 2-330pm
Facilitator: Meaghan Jansen,
Virona Ibrahim

1. NEWS and UPDATES!

- Introduction of baby Isaiah (Zay), CONGRATS Beth Dawkins!
- Introduction of Wellness Ambassador, Virona Ibrahim
- Introduction of Meaghan Jansen

2. Wellness Champion Day

- 2-2:15 – WELCOME and Wellness Ambassador Hub introduction
- 2:15-3:00pm – WELCOME Lisa Lounsbury, New Day Wellness – Making Wellness a Priority
- 3:00-3:30pm – Wellness Ambassador Meeting

3. Wellness Initiatives

- New Wellness Ambassador Hub
<https://ewsnetwork.com/wc-libro/>
password: libro2024
- Libro Day, Nov 11
 - Virona and Meaghan will be present on Libro day and share resources with all wellness champions
- New Wellness HUB – general access
 - general access feature for the wellness hub makes resources easily accessible without a password.
 - The hub includes various wellness programs, fitness perks, and recorded webinars.
 - Health coaches' schedules and appointment booking are also available on the hub.
 - QR codes for the wellness hub will be provided to branches for easy access.
- How-To-Guides
 - The wellness hub will feature posters and flyers for program promotion, including new employee welcomes.
 - Health coaches will connect with new employees to ensure they feel welcome to the wellness program.

- The hub will also include instructional sheets on booking health coaching appointments and accessing exercise videos.
- Team Challenge
 - The idea of a branch-vs-branch virtual challenge is introduced, focusing on healthy habits rather than weight loss or survival challenges.
 - Challenges are typically two to three weeks long and can include various themes like movement, nutrition, and self-care.
 - Possible branch vs. branch virtual challenge in November or the new year.
 - **TO DO: Virona will send out a poll to gather feedback on which type of challenge would be preferred.**
- Onsite Visits – fall visit schedule
 - Denise organizing a desk stretch on-site in November
 - Denise doing a road trip and visiting multiple branches including Exeter
- Virtual touchpoints with Virona
 - **TO DO: Virona will reach out to branches to coordinate dates and ideas for on-site visits, aiming to enhance the wellness culture at each branch.**
- Sending resources to each Branch
 - **TO DO: Virona and Meaghan will follow up with Lindsay on the best way to distribute posters to each branch**
- Quarterly wellness team meetings
 - Beth will send out email to all wellness champions with meeting information

4. Next Wellness Meeting – November 11 – Libro Day

AGENDA: prepared by Meaghan Jansen, meaghan@ewsnetwork.com

MINUTES: prepared by Virona Ibrahim virona@ewsnetwork.com