

Work Well Wellness Champions 2010 Campaigns

Month	Campaign	Co-lead (w/ Linda Feltes)
Jan (MDH-OLF)	Evaluation, including <i>Check for Health</i> Seeds of Mindfulness	Judith Lies
Feb (MnDOT)	Communications Planning	Lynn Frank
Mar (OHE)	Supporting Bike Commuting	Anna Kerr
Apr (MDH-GR)	2009 Health Assessment Highlights	Dawn Cvengros
May (MMB)	Smoking Cessation Programs and Policies	Bill Steffen/Pfizer
Jun (PCA)	Fitness Facilities in MN State Agencies Steps to Arranging a Fitness/Wellness class	
July (MDH-OLF)	New Employee Orientation	Mary Murck
Aug	No meeting	
Sep (MDH-SOP)	Building a Healthy Wellness Committee (3-hour workshop)	Tom LaForce
Oct (Vet Affairs)	Eat Well, Work Well Health Assessment + Coaching	Kim Ball
Nov (MDH_OLF)	Evaluating 2010—AWC and Agency-specific	
Dec	Planning for 2011 Fruit baskets to every commissioner	

Jan 2011

Check for Health



In queue:

Pilot wellness program with health plan

Budgeting—Chris

Stairwell assessment/Take the Stairs campaign (w/ pre-and post count)

Food Vendor Fair