



**“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”**

**MINUTES OF THE DOUGLAS COUNTY EMPLOYEES’ WELLNESS COMMITTEE  
JUNE MEETING  
June 16, 2009**

**Members present:**

Kevin Colon	Kathy Goodman	Jan Johnson	Jennifer Beisheim
Lesley Boulton	Diane Battiato	Jane Faust	Connie Lehman

**Absent Members:**

MaryAnn Borgeson	Sam Ross	Brian Burleigh	Mike Boyle
Tina Acosta	Lee Lazure	Carol Jennings	

Also present was Commissioner Pam Tusa

The meeting was called to order at 1:30p. Diane Battiato discussed the 10-week health and walking challenge the committee would co-sponsor along with Dr. Wiese with Life Source. The challenge would consist of five sessions every two weeks during the lunch hour. There will be two sessions on each class at the Civic Center and the Health Center beginning July 15<sup>th</sup> & 16<sup>th</sup>. The five speakers will be Dr. Wiese on Goal Setting and Kick-Off information about the challenge, Amanda Yocum, dietician from Hy-Vee on Food and Nutrition, Dr. Wiese on the 5 Essentials to Maximized Living, Amy & Marty Wolf from the Biggest Loser, and a trainer/yoga instructor from Urban Active Health Club. Connie Lehman will prepare posters/flyers to be posted and distributed throughout County departments. Kathy Goodman will prepare memo to go along with the flyers and forward to all departments. She will also send information to Dot Comm to be posted on the County website. There was discussion about having the sessions video taped to be posted as a webcast but due to the fact that LC-2 chambers was not available for the dates and this is the only means for video taping this would not be possible.

Brian Burleigh was not available to discuss the needs assessment so it was held over until the July meeting.

Jennifer Beisheim updated the committee on the wellness sub-committee meeting at the Health Center. She talked about the walking group being developed. She was looking into the Safety Council regarding the seat belt campaign and the information available. She expressed interest in starting a Weight Watchers Program and further details to make that happen.

Kathy Goodman informed the committee she was working with a t-shirt company for the Healthy Directions t-shirts design referred by Lesley Boulton. She would be using the apple design for the front and the mission statement on the back and try to have available at the challenge sessions for sale.

The committee was informed that the “Preventive Health” flyer was sent to all departments to encourage employees to get their preventive health check ups.

No further business the meeting was adjourned with the next meeting will be July 20<sup>th</sup> at 1:30pm.

*COMMIT TO BE FIT*



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