



Follow Us on Social Media!



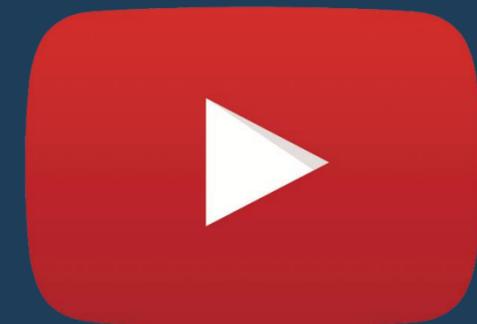
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WORKING FOR A HEALTHIER TN

July Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives.

Agenda

Fiscal Year 2021 Updates
Wellness Council Spotlight
July Health Observances
Upcoming Schedule
Roll Call & Sharing

Coming in Fiscal Year 2021!

Monthly Activity Planner

New look starting in August

July wellness activities can be added to Q1
(August-September) Activity Planner.

Ask your Regional Wellness Coordinator if you
have questions or need assistance.



Coming in Fiscal Year 2021!

Olympic-Themed Aug. Planner

This year's Olympics may have been postponed, but we're going to use August to celebrate by incorporating Olympic-themed activities and information.

Let the games begin!!!....on August 1st!



Coming in Fiscal Year 2021!

2021 Overall Award

Recognize the agency with the highest efforts of increasing awareness and engagement for health & wellness across our state.

Consistency is key!



Quarterly Checklist Requirements

Q1 (Aug-Sept)	Q2 (Oct-Dec)	Q3 (Jan-Mar)	Q4 (April-June)
Q1 Checklist requirements must be completed to compete in the 2021 WFHTN Tournament.	Q2 Checklist requirements must be completed to compete in the 2021 WFHTN Tournament.	Q3 Checklist requirements must be completed to compete in the 2021 WFHTN Tournament.	2021 WFHTN Tournament occurs in May 2021.

Tournament for the Overall Award

2021 Overall Award

You all voted and the new name for our
2021 Overall Award winners will be...

WFHTN
Wellness Warriors



Wellness Council Spotlight

Department of Finance & Administration

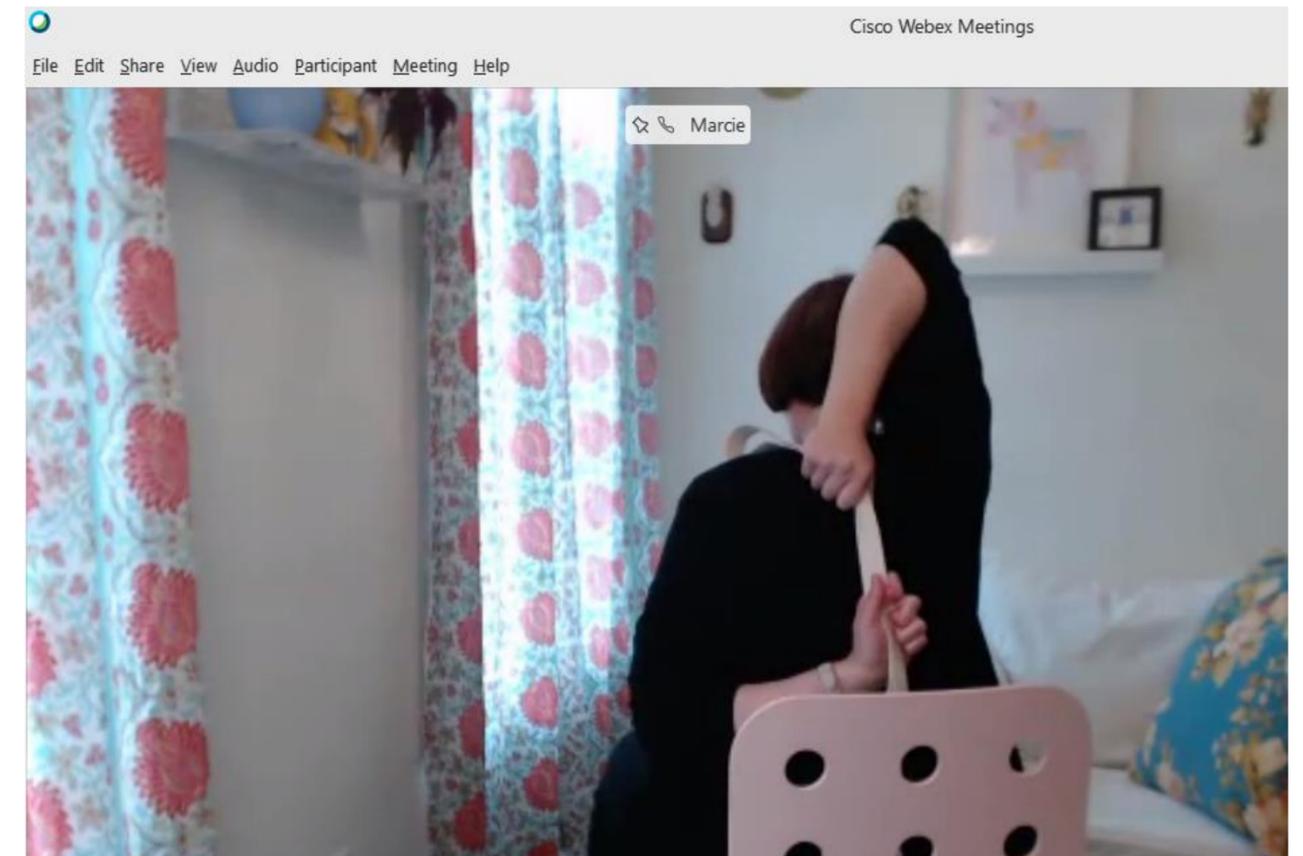
F&A WELLNESS COUNCIL

VIRTUAL STRETCH BREAK



JOIN CERTIFIED YOGA TEACHER, MARCIE STEPHENS, FOR A REFRESHING END-OF-WEEK STRETCH BREAK. ALL YOU NEED IS YOUR CHAIR! (A YOGA STRAP, SCARF, OR BELT MIGHT ALSO BE HELPFUL IF YOU HAVE READILY AVAILABLE.)

Fridays
11:30 a.m. - 12:00 pm Central



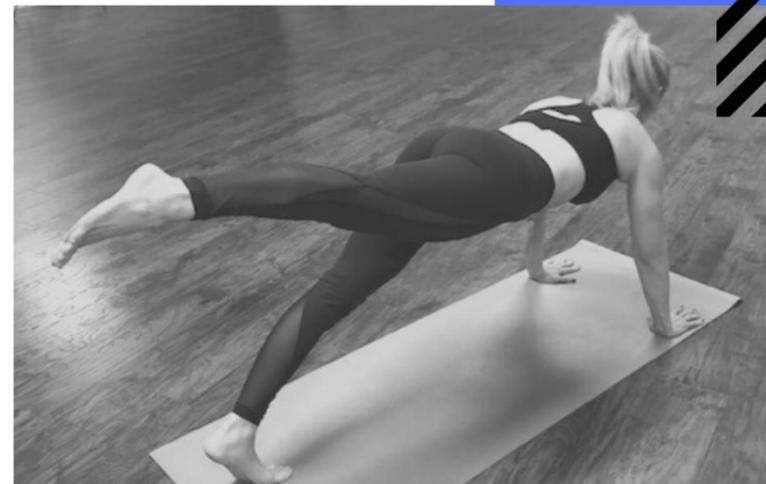
Wellness Council Spotlight

Department of Health

No Equipment Arms & Abs

WITH LARA GILL
TUESDAY, JUNE 9TH
12:00 - 12:30 P.M. CENTRAL

brought to you by the TDH Wellness Council



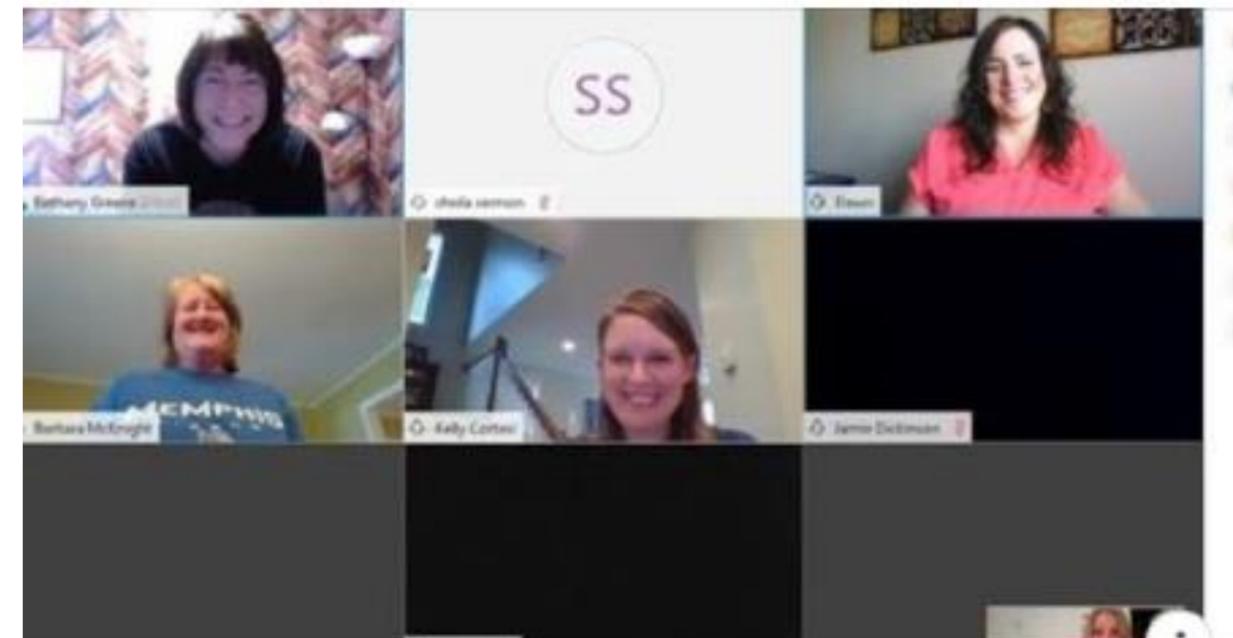
Wellness Council Spotlight

Department of Revenue



Tennessee Department of Revenue
May 29 at 10:23 AM

#TNRevenue team members in Jackson and Memphis are dancing away their stress by participating in Friday afternoon virtual dance breaks! The 15-minute wellness break doesn't require learning any choreography, and you can even leave your camera off to dance with no one watching. 😊 Working for a Healthier Tennessee ParTNers for Health Tennessee Department of Health



YOUTUBE.COM

#TNRevenue Dance Breaks

Wellness Council Spotlight

Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!



facebook.com/WFHTN

To tag, use @WFHTN



twitter.com/WFHTN

To tag, use @WFHTN



instagram.com/workingforahealthiertn

To tag, use @workingforahealthiertn

July Health Observances



**PARK & RECREATION
MONTH**



UV SAFETY MONTH

Upcoming WFHTN Schedule

WFHTN Annual Awards Celebration

Virtual
Wednesday, July 29th
9 a.m. – 10 a.m. Central

August Wellness Council Webinar

Thursday, August 6th
9 a.m. – 10 a.m. Central



Roll Call & Sharing



Questions





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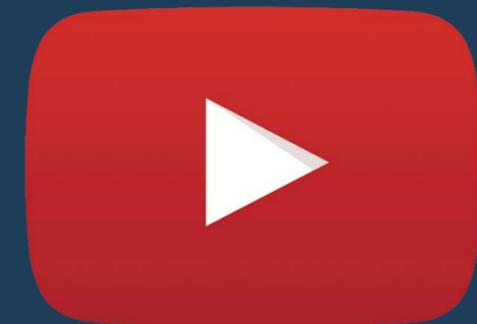
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