

# Tompkins County Worksite Wellness Coalition

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Rice Conference Room, Tompkins County Health Department,

Thursday, November 5, 2015, 8:30–9:30 a.m.

(Refreshments available starting at 8:15 a.m.)

## Introductory Meeting Agenda

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|------|---|--------|
| I.   | Welcome and Introduction  | 8:30am |
| II.  | Introductions   | 8:35am |
|      | a. <i>Participants introduce themselves, their programs, and recent triumphs, fails, and challenges (if desired)</i>                      |        |
| III. | “Put Fruit To Work” Debrief   | 8:50am |
| IV.  | Highlight Wellness Programs   | 9:00am |
|      | a. Katie Sack, Ithaca College: <i>Mind, Body, Me</i> program to promote health to employees   |        |
|      | b. Beth McKinney, Cornell University: <i>Go Go Go 1-5-0</i> , an activity contest promoting 150 minutes of activity per week to employees |        |
| V.   | Future Agenda Items/ Assignments  | 9:20am |

*Next Meeting: January 14, 2016*