



## Meeting Agenda

Thursday, January 14, 2016

8:30–9:30 a.m.

Rice Conference Room, Tompkins County Health Department

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|------|--|------|
| I.   | Welcome  | 8:30 |
| II.  | Intros, Sharing, and Updates   | 8:35 |
|      | a. Attendee introductions  |      |
|      | b. Share program updates, wellness news, references, & resources   |      |
|      | c. End-of-Year Experiences: Share anything learned during planning and implementation of 2015 benefits fairs, open enrollment, etc   |      |
| III. | Governing Workgroup  | 8:50 |
|      | a. Call for volunteers and set a meeting date  |      |
| IV.  | Program:   | 9:00 |
|      | <b>Frank Towner</b> , CEO, YMCA of Ithaca  |      |
|      | How the Y is reaching out to promote health and wellness to local employers. Attendees will learn what is available and how to take advantage of these expanded offerings from our local YMCA. |      |
|      | <i>Frank and other Y staff are quoted in an Ithaca Journal article from this past September; <a href="#">Click here to read it.</a></i>  |      |
| V.   | Future Agenda Items/ Assignments   | 9:20 |
| VI.  | Adjourn  | 9:30 |

——— Next Meeting: March 10, 2016 ———