

Agenda

Agency Wellness Champions Team Meeting #61 Tuesday, July 29 2014 1:30-3:00 pm

Where

In Person:

Centennial Building

Ladyslipper Room, Ground floor
658 Cedar St
St. Paul, Minnesota 55155

From offsite via Ready Talk:

Please see email sent to you from Ready Talk for how to participate via phone and web

*There are 3 MetroTransit routes, including the **new green line**, serving the Centennial Building. There are bike racks in front and back. Parking requires 9 quarters for 90 minutes. **Walk or Carpool:** create time with a coworker or time to yourself*

No need to check in with security. Entering from Cedar St., walk down stairs and turn left.

Item

Presenter

Notes

1:30 Welcome, Intros

Linda

Volunteer note taker:

1:35 yumPower to eat better

Thia Bryan, HealthPartners

2:15 Energy Break

Linda Feltes

2:20 yumPower (cont.)

2:45 Round robin Updates

Focus on healthy eating

Next Meeting

Date: Aug 26

Location: Centennial Building

Topic: Science around sitting and standing

