

**Bridge to Wellness  
Meeting Minutes  
February 11, 2014**

**Members Present:** CBIZ – Christine Welna, Lisa Larson; Airport – Kathy Carver; Attorney’s Office – Danielle Erjavec; Fire – Mike Consie HRA- Rob Johnson; Human Resources – Audra Flanagan, Shannon Sweeney, Melissa Powell, Keely Downs, Amber Haglund-Pagel; Police- Tom Stolee, Tony Radloff; DECC- Annette Neme; Construction Services- Chris Edwardson

**1. Approval of Minutes**

Motion: Mike Consie moved to approve the January 14, 2014 minutes  
Seconded: Audra Flanagan  
Motion passed: Approved as written

**2. Frosty Challenge Update**

a) 71 participants, 67 completed, 87 pounds lost

**3. Membership Update**

a) New member- Chris Edwardson  
b) Still looking for someone in finance

**4. Strategic Plan Update**

a) Team is continuing to meet  
b) Developing short/long range goals  
c) Revamping from prior strategic plan  
d) Will put together recommendations and present to this group  
e) Current plan is obsolete due to structure change in funding sources  
f) Items to consider: How can we benefit all(or the largest number of) employees?  
g) EE Wellness interest survey was last done 2 years ago- will revamp and do another survey

**5. Community Wellness Day 2014- Saturday, March 29, 2014**

a) Free event to promote healthy families and communities through education and awareness  
b) St. Louis County, UMD Health services, and City of Duluth partner to host the event  
c) Topics covered are health & fitness, financial literacy, public safety, and environmental awareness  
d) 5<sup>th</sup> year of program  
e) 435 attended the event last year  
f) Amy Norris is coordinating booth- Danielle and Annette both volunteered to help.  
g) JPE is funding the sponsorship  
h) Fire/Police also involved with their own presentations

**6. Next Challenge- Lose Weight in Eight**

a) Registration begins March 16  
b) Team based challenge- team prize- Bragging Rights  
c) Prizes- \$100 GC for top losing male and female; 4 \$50 GC and 10 \$25 GC for drawings for completion

7. Other Items

- a) Calendar for website- Shannon to check w/ MIS
- b) Email sign up for weekly tips and wellness info- Shannon to check with MIS
- c) Annette to check on HealthFair Dates

8. **Next meeting is March 11, 2014 to include**

- a) Approval of February 11, 2014 minutes
- b) Membership update
- c) Strategic Plan update
- d) Community Wellness Day update
- e) Lose Weight in Eight update
- f) Bridge to Wellness website/email updates
- g) Health Fair
- h) Next Meeting March 11, 2014 AT DPD