

**Bridge to Wellness
Meeting Minutes
April 8, 2014**

Members Present: CBIZ – Lisa Larson; Airport – Kathy Carver; Human Resources – Audra Flanagan, Shannon Sweeney, Keely Downs, Leighann Severance; Construction Services- Chris Edwardson; Library- Maureen Maloney; PW&U- Ashley Hron; HRA-Lenelle Hrabik; Fire- Charlie Smith; DECC- Annette Nemeč – Guests- Judy, DyAnn Andybur, Lisa

1. Introductions

2. Approval of Minutes

Motion: Chris Edwardson moved to approve the March 11, 2014 minutes
Seconded: Audra Flanagan
Motion passed: Approved as written

3. Bike to Work Presentation

- a) May 16 is National Bike to Work Day/ May is Bus. Bike. Walk month
- b) Information presented regarding Healthy Commuter programming and Bike Friendly Businesses/Healthy Duluth
- c) YMCA/Parks & Rec- partnering with Mayor's office for the Mayor's Bike ride
- d) Requesting assistance regarding their upcoming survey

4. Strategic Plan Update

- a) Present at next month's meeting- high level goals & objectives

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

- a) Transition to Parks and Rec department
- b) Successful event- attendance approx. 1200(up from approx. 400 in 2013)
- c) K9 demo was a huge hit; event is outgrowing the space, and has a waiting list for vendors/groups wishing to participate
- d) City of Duluth was represented by Police, Fire and the Bridge to Wellness booth

6. Lose Weight in Eight

- a) 50 participants
- b) 25.7# lost at 2 week mark

7. Bridge to Wellness Website

- a) No updates on calendar/email sign up
- b) Audra- adding Wellness Success Stories

8. Health Fair

- a) Wednesday, October 1, 2014 at DECC
- b) Some have made commitment to participate
- c) No meeting scheduled yet- need additional committee members

9. Grandma's Corporate Challenge T-shirts

- a) Should plan a photo op for a week after the marathon for finishers in their shirts

10. Survey

- a) Survey results reviewed.
- b) Results to be posted to website
- c) 23% response rate- very good

11. Fruit and Vegetable Challenge- Paper Challenge

- a) CBIZ has a paper challenge we could add, since fruits and veggies are a weak area for our employees
- b) Christine to send challenge to Shannon to bring for review
- c) Could tie in with area Farmer's Market info to add to the Bridge to Wellness site

12. Next meeting is May 13, 2014 to include

- a) Approval of April 8, 2014 minutes
- b) Strategic Plan update
- c) Lose Weight in Eight update
- d) Bridge to Wellness website/email updates
- e) Health Fair- update
- f) Corporate Challenge shirts- update
- g) Next Meeting