

Health & Wellness Work Group

Meeting 3 Agenda

January 19th, 1:00 PM – 3:30 PM

1) Welcome and refreshments (1:00 – 1:30)

2) Introductions (1:30 – 1:35)

3) Work Group Process Recap (1:35 – 1:45)

- a. Review process
- b. Review “Problems & Solutions” sheet

4) Solutions Discussion (1:45 – 3:20)

- a. Review and discuss pre-populated Problems and Solutions sheet
 - i. What solutions need to be added to our list?
 - ii. How can we address barriers and facilitators to create effective solutions?
 - iii. How can we make these solutions more detailed and specific?

5) Meeting Wrap-Up (3:20 – 3:30)

- a. Review homework for Meeting Four