



WELLNESS CHAMPIONS  
O E B B

## **Oregon Educators Benefit Board Wellness Champion Network Meeting**

Monday, April 10, 2023, 3:30 – 4:00 p.m.  
Informal networking 4:00 – 4:15 p.m.

Microsoft Teams meeting

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Meeting ID: 263 887 021 682

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### **AGENDA**

- 3:30 – 3:35 p.m. **Welcome / Icebreaker:**  
*Kristi Straw, Health Promotion & Wellness Consultant*
- 3:35 – 3:45 p.m. **Kaiser Permanente wellness resources**  
*Emmie Hiersche, Workforce Health Consultant Kaiser Permanente*
- 3:45- 3:50 p.m. **Getting your colleagues to participate in wellness programs and events**  
*Fancy Flores, HealthyYou Program Manager*

3:50 – 4:00

**Success Story: Wellness for the Win!**

*Holly DeGrow and Josh Stratman, Faculty, Teaching and Learning Center Co-Coordinator  
Mt. Hood Community College*

4:00 – 4:15 p.m. **Optional networking**

Need help with a wellness program or promotion? Want to share an idea or success? Networking time is for you to hear from each other. Emmie, Fancy, Kristi, Veronica and Theresa will be available to offer help.

**Would you like to be a Wellness Champion? Do you know someone who would like to join the Network? Please go here to fill out this [Jotform](#).**

**Next meeting:  
Monday, May 8, 3:30 – 4 pm  
Networking 4:00 – 4:15 pm**