

**WELLNESS AT WORK
WORK SESSION
August 17, 2009**

Present: *Fannie Greene, Chester Deloatch, and Virginia Spruill*

Others Present: *Wayne Jenkins, Kimberly Turner, Dot Vick, Marcenda Rogers, Michelle Winstead, and Diane Shearin*

Vice Chairwoman Greene opened the work session.

Mrs. Marcenda Rogers, Human Resources Director, gave a PowerPoint presentation on the Wellness at Work Program explaining the scope of the program as well as giving statistics regarding health and lifestyles.

A video titled 'Understanding Your Stress' was viewed.

Ms. Michelle Winstead, Motivational Speaker, gave a summary of the Wellness Program in Halifax County and a presentation on stress management.

A video titled 'Stress Relief' was viewed.

Vice Chairwoman Greene recessed the work session to break for lunch.

Ms. Diane Shearin, Massage Therapist, gave a presentation on stress relievers and massages. Ms. Shearin also gave a massage demonstration.

Mrs. Marcenda Rogers thanked everyone for attending the meeting.

Vice Chairwoman Greene closed the work session.

Kimberly L. Turner, Clerk to the Board

“mins-worksession(wellnessatwork) 08-17-09”