



**City of Des Moines**  
**Employee Wellness Committee Minutes**

March 25, 2009

1:30 p.m.

Naucalpan Conference Room – City Hall

**ROLL CALL**

	Carol Moser		X	James Wells
	David Coy		X	Richard Brown
	Kris Klop			Brent Harris
X	Diane Rauh			Linda Main
	Rebecca Trickey		X	Doug Romig
X	Heather Brady, HR		X	Percy Coleman
X	Jim Fromm		X	Joe Hogan
	Dave Leever		x	Shelley Nurse
x	Dan Ritter			Joe Sposeto

**Discussion:**

1. **PHA's** - James will ask Connie for the Executive Summary to share with Department Directors. Half of the Committee's budget was spent on PHAs. The Committee discussed if we should do annual PHAs. The Committee wants to survey City employees about why they did or did not participate this year. Diane will work with Teva to create the short on-line survey.
2. **Mayor's Bike Ride** – The Parks Department has agreed to waive the entry fee for City Employees who participate. A CDM Broadcast will go out soon.
3. **Polk County** – Heather will contact the Polk County Wellness Committee to see what activities are working for them.
4. **Fire Training Facility** – There was discussion about adding a workout facility at the new Fire Training Facility. Percy will check on this. Also, Community Centers have exercise equipment that is available. Doug will get the hours and locations to share with City Employees.
5. **Letters to Area Gyms** – Diane will work with Legal to prepare the letters asking for quotes from area gyms. The Committee discussed subsidizing the membership fees.
6. **Ideas for future programs** – Each Committee member should come to the April meeting with at least one idea for a monthly wellness event.

Respectfully submitted,  
Diane Rauh, 4/22/2009