

From: Kester, Tony
To: Poole, Trina <kpoole@aging.sc.gov>
Date: 1/14/2013 1:35:59 PM
Subject: RE: Foundation for Wellness Professionals

I'm good with it.

From: Poole, Trina
Sent: Monday, January 14, 2013 10:01 AM
To: Kester, Tony; 'Debbie Hammond'
Subject: RE: Foundation for Wellness Professionals

Hi! I am following up on my previous email. I know that you guys are super busy, so I hate to bother you. Is it ok to move forward on these types of events for our staff without prior approval? I do not want to bother you with day to day business, but also do not want to overstep my authority. Please advise.

THANKS!
Trina

From: Poole, Trina
Sent: Thursday, January 03, 2013 8:35 AM
To: Kester, Tony; 'Debbie Hammond'
Subject: Foundation for Wellness Professionals

Hi! Prevention Partners (Budget and Control Board) has teamed up with Foundation for Wellness Professionals to offer FREE sessions to state agencies on various health topics. They offer lunch-n-learns, trigger point wellness days etc. I would like to schedule this group to come in for trigger point wellness therapy sessions. They provide 10 minute sessions to teach ways to reduce stress, headaches, and other maladies caused by stress.

Please let me know if this is approved and if so that the dates February 26 (9:20am – 12:20pm) and February 28 (12:30pm – 3:20pm) will work.

I believe that quarterly wellness or morale boosting events will be a great for the staff! ☺

THANKS!

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