

Juniata College
Wellness Committee
April 23, 2013; 11:00 am
VLSC Seminar Room

Committee Members Present:

| | | |
|----------------|----------------|-----------------------|
| Cady Kyle | Betty McKim | Penny Hooper Conway |
| Steph Turner | Andrea Smith | Deb Kirchhoff-Glazier |
| Mike Henney | Wanda Lightner | Gerald Kruse |
| Joann Isenberg | | |

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business

- a. Massages – Chrystal Spayd, President of the Huntingdon Wellness Association attended the meeting at the request of Deb Kirchhoff Glazier. The Committee discussed the possibility of getting massages started for employees and students interested Tuesdays, Wednesdays and Thursday in the mornings. Beth Williams has agreed to set up the appointments. There will be three different options available: 15 minutes (\$10.00), 30 minutes (\$20.00) or 60 minutes(\$45.00). Students will be charged to their account, employees will pay at the time of the massage. The Wellness Committee will eventually purchase a massage table but in the meantime, Chrystal has one we can use. Location was brought up as being an issue. It was suggested by JoAnn Isenberg that we check into the Baker House. Cady Kyle will check with Lorri Shideler. As soon as we find a location we can start offering massages on campus.
- b. Wellness Grants: Cady reported that information on the Wellness Grants is now available on the Wellness Website.
- c. Water Challenge: 124 people are participating the challenge thus far.
- d. Wellness Survey for employees: Tabled until next meeting
- e. Lunch and Learn: No lunch and learn planned yet for May.
- f. CP3-Cady updated the committee on CP3 (study by the American Cancer Society). Information on the study is the employee announcements. Committee members were asked to spread the word.

2. New Business

- a. Weight Watchers Session: Steph reported that a new session is scheduled to begin on April 24th.
- b. Other business – nothing additional was brought to the table.