

Juniata College
Wellness Committee
August 28, 2012; 11:00 am
VLSC Seminar Room

Committee Members Present:

Andrea Smith
Wanda Lightner
Gerald Kruse
Beth Williams

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

1. Discuss Old Business
 - a. September Lunch and Learn: Beth Williams suggested that we ask Dr. Beth Bollinger to speak about dream analysis. Andrea will look at what dates are available and Beth will try to arrange a time/date with Dr. Bollinger. Ideas for future lunch and learns include cyber bullying and a cooking demonstration on healthy holidays recipes. Also an idea was on osteopathic medicine.
 - i. It was also suggested that perhaps we should ask employees what topics they would be interested in.
2. New Business
 - a. Health Fair. The 2012 Health Fair is scheduled for October 15th in the Ellis Ballroom. It was reported that so far there are 5 vendors signed up for the event. Flu shots will be offered to employees at the fair. An e-mail was sent to Wellness Committee members asking if they have anyone they would like to have an invitation sent to.

The next regularly scheduled meeting will take place on Tuesday, October 23rd, 2012 at 11:00 am @ VLSC Rockwell Seminar Room.