

**Juniata College
Wellness Committee**

February 26, 2013; 11:00 am
VLSC Seminar Room

Committee Members Present:

Cady Kyle
Steph Turner
Mike Henney

Joann Isenberg
Andrea Smith

Penny Hooper Conway
Deb Kirchhoff-Glazier

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

1. Discuss Old Business
a. Grants

- i. Team Grants – Cady Kyle brought the idea to the committee to start offering team grants to groups of individuals who represent Juniata College in Wellness Related Events. The idea would be to pay up to 75% of a registration fee for a group to participate in events such as a race, walk etc. Those individuals would need to submit their request in writing to the Wellness Committee and each grant would be brought before the committee for approval. Individuals using the grant would be encouraged but not required to wear a Juniata College T-shirt.
- ii. Individual Grants – In addition Cady Kyle brought up the idea of possibly offering individual grants as well for things such as gym memberships. This agenda item was not discussed in detail and has been tabled until a later time.

- b. Water Challenge: The wellness committee talked about the upcoming water challenge. It was determined by the committee that employees could register for the challenge by simply stopping into the Human Resources Office and asking for a water bottle. Points for this challenge can be logged on Café Well or by paper log. Each participant would be required to track their own water consumption but logs would not need to be turned in. Information on how to register for Café Well and a paper log would be put inside each water bottle before they are distributed. Those who participate in the water challenge and the Wellness Rewards Challenge would receive an extra 5 points

on their logs for March, April and May. The committee hopes to begin the water challenge by mid-March.

- c. Yoga for Employees/Students: The committee has decided to offer Yoga on campus. Beth Williams has been in touch with Jen Champion and she is willing to conduct the Yoga classes. The committee decided that the cost for each individual at the door would be \$5.00 per class or \$30.00 for all 10 classes. Jen Champion is available on Mondays and Wednesdays from 12-1 or Wednesdays from 5:30-6:30 p.m. The committee decided the Wednesday evening time slot would be best. The committee decided that this class should be open to employees and students. Beth Williams will make arrangements.
 - d. Lunch and Learn Ideas: The idea for comfortable shoes in the workplace is still on the table. It was also suggested that a lunch and learn to held to educate employees about the upcoming Wellness Initiatives at Juniata College (water challenge, biometric screenings, grants, Wellness survey for employees). This is an idea for April and possibly could be a brunch and learn.
 - e. Wellness Survey for Employees: Tabled for another meeting.
2. New Business
- a. HMJ Patch Program: The committee briefly discussed the new smoking signs on campus.
 - b. Yoga and massage for students – Yoga was discussed above however Deb Kirchhoff Glazier brought up possibly offering massages on campus (especially during finals). Deb is going to look into the possibility of purchasing a chair.
 - c. Other business – nothing additional was brought to the table.