

**Juniata College  
Wellness Committee**

January 29, 2013; 11:00 am  
VLSC Seminar Room

Committee Members Present:

Joann Isenberg  
Steph Turner  
Mike Henney

Cady Kyle  
Andrea Smith

Betty McKim  
Gerald Kruse

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

1. Discuss Old Business
  - a. Weight Watchers: Steph gave an update on weight watchers.
  - b. Lunch and Learn Ideas: The idea for comfortable shoes in the workplace was brought up by Mike Henney. He will drop information off on a contact person for this to Andrea Smith. February's lunch and learn is February 19<sup>th</sup> with Shawn Bookhamer of JC Blair Hospital. Shawn will talk about the benefits of Vitamin D. At the suggestion of Deb Kirchhoff Glazier, the lunch and learn for March will be with Atlas Therapy out of State College. They will discuss manual therapy. A date for this lunch and learn is to be determined. The committee also discussed allergies as a future topic for a lunch and learn.
2. New Business
  - a. Water Challenge: The wellness committee talked about the upcoming water challenge. The committee was shown a couple of ideas for water bottles and voted on their choice. Andrea will order the bottles. Cady will get in touch with Health America to get everything started with Café Well.
  - b. Other business - nothing additional was brought to the table.