

Juniata College
Wellness Committee
March 26, 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		

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

1. Discuss Old Business
 - a. Grants – Cady Kyle reported that changes and adjustments have been made to the policy on Wellness Grants. The announcement explaining the process will be put in very soon.
 - b. Water Challenge: The bottles are in. We are waiting for updated information on Cafewell and the updated log from Health America so that they can be inserted into the bottle. Once we receive that information, an announcement will be put in so that employees know they can pick up their bottles. The challenge will start on April 1st.
 - c. Yoga for Employees/Students: Since the space in the basement of VLSC is not available for the date we had planned to do Yoga and since there is another Yoga class taking place on campus in the Theater during that time, Betty McKim is going to check with Beth Williams (who actually initiated the idea) to see if one of the other times that Jen Champion has available would work. Deb Kirchhoff-Glazier also suggested looking into the Leshner Lounge to see if that space is available.
 - d. Lunch and Learn: The lunch and learn in April will be to discuss the Wellness Initiatives at Juniata.
2. New Business
 - a. Massages on Campus – Deb received pricing on what it would cost to purchase a massage table so that we could offer students massages on campus. Cady will e-mail that information to members of the committee so that they can look over the proposal and respond. Deb will talk to the Wellness Association on Monday to get their input as well. Andrea will check with

Lorri Shideler to see what would be a good place on campus for the location of the massage sessions.

- b. Other business – nothing additional was brought to the table.