

Meeting Notes July 25, 2023

Juniata College Wellness Committee

July 25, 2023; 9am
Zoom

Committee Members Present:

Cady Kyle
Paige Hower

Bethany Sheffield
Betty McKim

New Business

Wellness Grant – The committee approved a wellness grant for Jana Jaffa in the amount of \$96.75 to attend a triathlon and a yoga instructor course.

Old Business

Be Well @ Juniata Integrated Wellness Incentive – The Be Well incentive announcement went out 7/20.23. All activities completed January 1, 2023-October 31, 2023 are eligible. We are offering a virtual training session tomorrow (7/26) and have been creating an FAQ to share answers to questions that have been coming up.

Spring Challenge – Prizes arrived and are being distributed. Participants seem to be very pleased with the prize selection which includes Standing Stone Coffee Co coffee, tea, a Quest protein snack, honey, a ceramic Juniata mug, and a Juniata succulent planter. All items are presented in a Juniata tote.

Health Fair Mailing List – We have been fine tuning the mailing list and will be sending out a save the date in the next couple weeks.

Biometric Screenings – Screenings have been scheduled for September 11, 18, 19 in the morning. An announcement has been posted.

The meeting was adjourned at 9:20 am.