

## Meeting Notes 06/04/08

### Juniata College Wellness Committee

June 4, 2008

vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Barb Williams	Joan Engle	Joanne Krugh
Diane Ross	Cindy Gibboney	Jo Ann Isenberg
Deb Kirchhof-Glazier	Laura Medvitz	

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

1. Discuss Old Business
2. New Business

The committee discussed the following old business:

- Fitness Challenge Wrap Up: Facilities won the team challenge for the most minutes of activity logged. They were treated to a Subway healthy lunch. Mike Henney was the employee who logged the most minutes of activity and Stephanie Turner lost the most weight.
- Huntingdon County Fitness Challenge: We currently have 60 Juniata employees signed up for the fitness challenge and we are continuing to recruit team members. The challenge is scheduled to run through the end of August. May's fitness logs are due by the end of the day on June 5<sup>th</sup>. Cady Kyle will be announcing Juniata's totals on MERF Radio on June 12<sup>th</sup> at 8:30 a.m.
- Lunch & Learns: May's Lunch and Learn had to be cancelled due to the renovations in Ellis Hall. We will be contacting Heather Casner to present her topic in the fall.

The committee discussed the following new business:

- Wellness Rewards: The tote bags came in and we are still waiting on the water bottles that are currently on backorder.
- Weight Watchers: Weight Watchers meetings will be moving to Oller Center on June 9<sup>th</sup>. It is our hope to resume meetings in South until the end of this session. Gold cards will be needed to enter South Hall after June 9<sup>th</sup>.
- Huntingdon Farmer's Market: We are in the process of planning a group walk to the farmer's market at some point in June as a Wellness Committee sponsored event.

The next regularly scheduled meeting will take place on Wednesday, June 25, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.