

Meeting Notes 01/23/08

Juniata College Wellness Committee

January 23, 2008
1923 Moore Street Conference Room

Committee Members Present:

Joan Engle	Wanda Lightner	Shya Erdman
Barb Williams	Doreen Mills	Joanne Krugh
Wendy Garlock	Cindy Gibboney	Jo Ann Isenberg
Cady Kyle	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: We currently have three teams signed up for the fitness challenge.
- Wellness Rewards: There are 86 employees that have signed up for Wellness Rewards.
- Weight Watchers: Weight Watchers registration was on 01/23/08. We had 17 members, 11 lifetime members, and 1 member on maintenance. The first session begins 01/30/08.

The committee discussed the following new business:

- Women's Heart Health:
 - February 1st – National Wear Red Day
 - J.C. Blair is having a healthy heart luncheon at noon on February 1st.
- Upcoming Lunch & Learns:
 - February – Heart Health
 - March – Yoga or Sustainability
 - April Food as Medicine

The next regularly scheduled meeting will take place on Wednesday, February 27, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.