

## Meeting Notes 2/24/10

### Juniata College Wellness Committee

February 24, 2010 2:00pm  
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Barb Williams  
Cady Kyle  
Shya Erdman

Joanne Krugh  
JoAnn Isenberg  
Diane Ross

Wanda Lightner  
Cindy Gibboney

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:

- Aerobics classes: We have had no responses to our ad. The group discussed moving forward with reserving a room and doing tapes together. It was suggested that the dance room in von Liebig be reserved, and a tv/dvd player be requested. The group could meet on Mondays, Tuesdays and Thursdays from 5:15-6pm starting in 2 weeks. In addition, we would still advertise on student financial planning site.
- Wellness Rewards update: 101 employees have signed up for 2010 Wellness Rewards program.
- Get Fit Challenge: There are 11 teams and 96 people participating in our intercampus challenge. These totals include 2 faculty teams. We will keep teams updated about the competition through the announcements.
- February Lunch & Learn: the committee discussed feedback received from yesterday's session. Men expressed some concern that the session was geared more toward women, but it was not advertised as such. However, those who attended stated they learned a lot and the speaker was good. It was again suggested that we have healthier menu options (ie. fruits and veggies replacing chips, cookies and potato salad). Cady will follow up on this. Heart Health screenings on campus are scheduled for tomorrow and there are 21 people signed up. We were recently made aware that the screenings are only open to women.

The committee discussed the following new business:

- Upcoming Lunch & Learns:
  - Healthy Nutrition for Families on the go/Understanding HDL/LDL and how to get to a good level (Deb Kirchhof-Glazier volunteered to lead this program after March 20)
  - Labyrinth – Dave Witkofsky (stress management) – Deb contacted Dave and we will be scheduling this session in September.
  - VibroAcoustic Harp Therapy – Linda Kuckenbrod has been contacted and will present in April.
  - Request was made for a lunch & learn on Dietary Supplements for more info to be provided on vitamins, specifically vitamin D and Calcium.
  
- Upcoming Events:
  - HR sponsoring Roth 403(b) seminar next Tuesday morning.
  - Tyrone Irish Heritage Celebration Walk & 5k Run – benefits Joshua House – Saturday March 20 @ 8:30 and 9am.
  - Huntingdon County Fitness Challenge – we'll start planning next month – suggestion was made to hold this on May 7<sup>th</sup>.
- Farmer's Market – we will again offer walks to the Farmer's Market as Wellness Committee sponsored summer events in place of Lunch & Learns. We will have one walk per month from June-August.

The next regularly scheduled meeting will take place on Wednesday, March 24, 2010 at 2:00pm @ vLSC Rockwell Seminar Room.