

Meeting Notes 2/25/09

Juniata College Wellness Committee

February 25, 2009 1:00pm
International Seminar Room – Oller Center

Committee Members Present:

Doreen Mills	Barb Williams	Dave Fusco	Diane Ross
Wanda Lightner	Joan Engle	Wendy Garlock	Steph Turner
Shya Erdman	Joanne Krugh	Cindy Gibboney	Cady Kyle
Beth Williams	Deb Kirchhof-Glazier		

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:

- Wellness Rewards: There are 5 people remaining to cash in points from 2008. Cady said she would check with Andrea regarding the number of participants for 2009.
- Health Risk Assessment: Cady will be setting up some additional webinars in February will be asking for Wellness Committee participation in selecting the company we will use for the Health Risk Appraisals. Still aiming for these to take place in March.
- Upcoming Lunch & Learns: Friday, February 27, Phil Dunwoody will be presenting a Tai-Chi Lunch and Learn. We will be scheduling a Gardening Lunch and Learn for March with Pam Kavanaugh as the presenter. For April we would like to have someone speak on beginning an exercise regimen including activities you can do at home.
- Get Movin' Fitness Challenge: There are 12 teams participating in the challenge; 101 employees total. Logs will be due to team captains by March 5. Team Captains need to report team stats to Andrea Smith at smitha@juniata.edu by March 10. Andrea will use the daily announcements to share the team(s) in the lead.
- Budget: Cady is projecting that we will come in right on budget for '08-'09 FY. Wellness Rewards was over budget, but we didn't spend in some other areas. '09-'10 FY budget was submitted including an

increase of \$3,850 over previous year to accommodate larger Lunch & Learn participation, purchase of self care guides for new employees, and additional Wellness Rewards monies needed.

- Survey/Fitness Training- we are still putting together the fitness survey and looking into the liability of having a student trainer instruct employees on equipment in fitness center.

The committee discussed the following new business:

There was no new business to discuss.

Upcoming Wellness Events:

- Qigong Classes: Deb Kirchhof-Glazier shared that Qigong Classes will be held at the Natural Connection Wellness Center on six consecutive Friday evenings, from 5-6pm, beginning on March 20th. Interested individuals can contact Deb for more information. Cost is \$60 with a 10% discount for students. The instructor is Kevin Hennenhoefer, a Juniata College student with a black belt in the internal martial arts of Traditional Chinese medicine.
- Natural Connection Wellness Center: Free Fridays, Last Friday of the month at 7pm, different presenters.
- Yoga with Jen: Beginning in April, Jen Champion will begin to offer yoga classes at the Natural Connection Wellness Center. Classes will be offered for beginners, kids, gentle and moderate levels. Interested parties can contact Jen via email jen@dancingearth.com or phone 814-667-2097 and she will send out an invitation and registration form.
- Student Wellness: Beth Williams reported that the Wellness Center will be sponsoring some activities for Eating Disorders Awareness Week including a speaker on campus and an Every Body is Beautiful fashion show. There will also be a student health fair from 11-2 on February 26, 2009.
- Run/Walk Events: Dave Fusco reported that the Hollidaysburg YMCA has a Stay Fine in 2009 series that provides opportunities for those at different levels of fitness. Info available at: <http://hollidaysburgareaymca.org/cwcs.html>. Also, the Joshua House in Tyrone is sponsoring a 5K race on March 14th at 8:30am to benefit the center. Info available at: http://www.joshuahousetyrone.org/index.php?option=com_content&view=article&id=117:irish-heritage-celebration-5k-race

- Juniata Colleges Against Cancer Chapter: It was noted that this student group has worked very hard to organize and have already been involved in advocacy efforts and events such as Relay for Life Support and Paint the Campus Purple.

The next regularly scheduled meeting will take place on Wednesday, March 25, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.