

## Meeting Notes 02/27/08

### Juniata College Wellness Committee

February 27, 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	John Matter
Diane Ross	Deb Kirchhof-Glazier	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: Nine teams and 73 participants have signed up for the challenge. Logs are due on March 5<sup>th</sup>.
- Upcoming Lunch & Learns:
  - February – Heart Health
  - March – Yoga or Sustainability
  - April – Food as Medicine
  - May – Internet Safety

The committee discussed the following new business:

- Wellness Budget: We have been given a \$5,000 wellness budget for the 2007-2008 fiscal year. We have already spent \$10,000 this fiscal year.
- Health Risk Assessments: We are continuing to look for Health Risk Assessment providers.
- Huntingdon County Fitness Challenge: We are planning to continue with the fitness challenge this year. We are hoping to add two more employers from Huntingdon County this year.
- Windber Medical Center Research Project: Members have decided to help promote research being conducted by Windber Medical Center on individuals with heart conditions. After securing approval

through IRB, we will be posting information to the daily announcements.

The next regularly scheduled meeting will take place on Wednesday, March 26, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.