

Meeting Notes 03/22/11

Juniata College Wellness Committee

March 22, 2011; 11:00 am
VLSC Seminar Room

Committee Members Present:

Joanne Krugh
Cady Kyle
Andrea Smith

Barb Williams
Diane Ross
Steph Turner

Doreen Mills
Joann Isenberg

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

1. Discuss Old Business
 - a. Exercise Classes/March Lunch and Learn: Doug Smith will talk at the next lunch and learn which is scheduled for March 30, 2011. Doug will talk about the lunchtime exercise program available at the gym. Employees will be given information at the lunch and learn about all of the campus exercise classes taking place.
 - b. Weight Watchers Update: New session is scheduled to begin in April. It will be either a 7 week or 12 week session. Weight Watchers is in need of leaders.
 - c. Get up and Get Movin Challenge: There are only 52 people participating in the challenge this year as opposed to 82 people last year. We are in the 2nd month of the 2 month challenge.
 - d. Wellness Rewards: 112 participants in the Wellness Rewards Challenge. Employees will be given update on the number of points so far at the end of the first quarter.
 - e. Strategic Wellness: There is going to be some changes on the committee structure. Working on a 3 year strategic plan.
 - f. JC Blair Cares: Mutual Benefit is implementing a new health care affidavit program whereby employees will be required to be assessed in four areas to keep deductibles down.
2. New Business
 - a. 2011 Huntingdon County Fitness Challenge: Meeting to be held Thursday Afternoon with JC Blair and Mutual Benefit. The program is to run May through August. There was discussion that the program may be getting stale. After much discussion it was decided that perhaps we could sponsor a walk or a run each month and employees would earn points by taking part in the

events for the four months. Cady will discuss with JC Blair and Mutual Benefit at the meeting.

- b. Upcoming Lunch and Learns: Committee decided to ask Phil Dunwoody to come back to discuss Tai Chi for the month of April.
- c. Upcoming events:
 - i. Power up and Run: April 9th at Detweiler Field
 - ii. Hollidaysburg Area YMCA Ken Brumbaugh Memorial Race, March 27th
 - iii. Holistic Stress Reduction Workshop, May 7th, 2011.

The next regularly scheduled meeting will take place on Tuesday, April 26th, 2011 at 11:00 am @ VLSC Rockwell Seminar Room.