

## Meeting Notes 03/26/08

### Juniata College Wellness Committee

March 26, 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
Diane Ross	Deb Kirchhof-Glazier	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: Employees logged 161,276 minutes of activity in February. March's logs are due on April 10<sup>th</sup>.
- February Lunch & Learn: There were 53 employees in attendance.
- Upcoming Lunch & Learns:
  - March 28 – Improving the Earth & Your Health
  - April 17 – Food as Medicine
  - May 22 – Internet Safety
- Windber Medical Center Research Project: Members have decided to help promote research being conducted by Windber Medical Center on individuals with heart conditions. IRB approval has been secured and announcements have been placed in the daily announcement e-mails.

The committee discussed the following new business:

- Health Risk Assessments: We will begin looking at Prevention Health Screening to discuss Health Risk Assessment packages.
- Huntingdon County Fitness Challenge: This year's challenge will run from May 1<sup>st</sup> through September 1<sup>st</sup>. We are planning to have the Kick-Off Walk on May 1<sup>st</sup>, details to follow. We have invited Bonnie Forge and Mead to participate in the challenge this year. It is also possible that we may be able to use an online tracking system through the American Cancer Society.

- Community Garden: The Nutrition Action Group is currently looking for community members interested in a garden plot in the new community gardens, located behind Kish Bank. An announcement will be placed in the daily announcements.

The next regularly scheduled meeting will take place on Wednesday, April 23, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.