

## Meeting Notes 04/23/08

### Juniata College Wellness Committee

April 23, 2008

vLSC 1116 Rockwell Seminar Room

Committee Members Present:

David Fusco	Wanda Lightner	Shya Erdman
Barb Williams	Doreen Mills	Joanne Krugh
Wendy Garlock	Cindy Gibboney	Jo Ann Isenberg
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: Employees logged 401,960 minutes of activity in February. April's logs are due on May 10<sup>th</sup>.
- March Lunch & Learn: There were 50 employees in attendance for the Improving the Earth and Your Health Lunch & Learn.
- April Lunch & Learn: There were 63 employees in attendance for the Food as Medicine Lunch and Lunch and Learn.
- Upcoming Lunch & Learns:
  - May 22 – Internet Safety

The committee discussed the following new business:

- Wellness Rewards Statements: E-mails will be sent out giving participants their total number of wellness rewards points.
- Health Risk Assessments: Cady presented the state of our health care plan to the Board of Trustees and expressed our interest in conducting a Health Risk Assessment program.
- 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 2<sup>nd</sup>.
- Huntingdon County Farmers' Market: The market will begin on June 5<sup>th</sup> and will take place every Thursday throughout the summer.
- Wellness Activities Throughout the Summer: Suggestions were given to have a monthly walk to the market. Other suggestions included a vegetable exchange and a speaker to talk about gardening.

The next regularly scheduled meeting will take place on Wednesday, May 28, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.