

## Meeting Notes 5/23/07

**Juniata College**  
**Wellness Committee**  
May 23, 2007; 2:00pm  
vLSC Rockwell Seminar Room

Committee Members Present:

Cady Kyle  
Doreen Mills

Shya Price  
Wanda Lightner

Diane Ross  
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:

1. Fitness Session with Laurie McMinn: It was decided that we would try to have one more session this summer so that faculty would be able to take advantage of the training.
2. June Lunch & Learn: June is National Safety Month so the plan is that Cady and Laura to work together to present a Safety Lunch & Learn which will deal with Work Safety, Workstation Ergonomics, and Workplace Wellness, stress reduction at work, and possibly some other work related topics. A date has not yet been set for this presentation. A comment was made that managers should support ergonomic needs such as new keyboard or mouse.
3. Weight Watchers at Work: The committee discussed the possibility of getting t-shirts made for members once the group losses a specified weight. This will help to advertise the meetings and provide a reward for group members.
4. Get Up & Get Movin' Fitness Challenge: An e-mail will go out with the winners' names and final totals. The individual winners will be given a gift card to Dick's and the team winner will receive a Subway healthy lunch.
5. 2007 Walking Challenge: The kickoff walk was discussed, there were 64 in attendance, 15 were Juniata employees. We have received

prizes from the Juniata Bookstore, Giant, Weis Markets, Sheetz, Walmart, Kopp Drug, Medicine Shoppe, Human Resources, and the Alumni Office. Possible prizes for those who meet 3,000 minutes were t-shirts or water bottles.

6. Wellness Survey: Amy Chamberlain will be attending the next meeting to provide us with survey results.

The committee discussed the following new business:

- Future Lunch & Learns: Members decided that we would not have a lunch & learn during the summer and would continue with the seminars in the fall.
- Farmers' Market: It was mentioned that Huntingdon will be having a farmers' market this summer. Members suggested having an organized walk to the market.
- 2007 Health Fair: We are beginning to look at possible dates for the Health Fair. The Health Fair was held on Yam Kippur last year and we want to make sure we avoid all holidays and other schedule conflicts. Once again, we decided to wait for students to return to hold the health fair so they can participate as well.
- Quit Smoking Kits: It was announced that quit smoking kits are available in the Health & Wellness Center.

The next regularly scheduled meeting will take place on Wednesday, June 27, 2007 at 2:00pm @ vLSC Rockwell Seminar Room.