

## Meeting Notes 06/25/08

### Juniata College Wellness Committee

June 25, 2008

vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Shya Erdman	Doreen Mills	Wendy Garlock
Stephanie Turner	Dave Fusco	Cindy Gibboney
Barb Williams	JoAnn Isenberg	

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:

- Huntingdon County Fitness Challenge: May update: We are currently in the lead with 66 Juniata employees and a total of 134,359.5 total minutes. Mutual Benefits Group is not far behind with 67 participants and 133,752 total minutes. June fitness totals are due by July 5<sup>th</sup>. All prize categories have been filled other than first to turn in log for the month and most minutes of activity. Announcement will go out soon letting everyone know the winners to date. When asked why participation may be down from previous year, it was suggested that some employees may not like having to log their hours every time they do an activity.
- Walk to Farmer's Market: On June 19<sup>th</sup>, 14 employees met at the Stone Church and walked to the Farmer's Market at Portstown Park.

The committee discussed the following new business:

- Wellness Rewards: June logs are due by July 10<sup>th</sup> to Stephanie Turner, encourage your coworkers to participate and to continue turning in their rewards points.
- Weight Watchers: Stephanie Turner is the new WW at Work contact person. Please contact her with any suggestions or questions. The meeting location for the summer will be in the Oller Center Seminar Room. Stephanie asked the committee to be thinking of room locations for the Fall session since Oller Center will not be available once classes resume. It was also mentioned about doing a 7 week summer session starting on August 6 and running through September 17 then doing the regular 12 week session that will take members through the rest of the semester and ending the second or third week of December.
- Huntingdon Farmer's Market: The next scheduled walk will be Thursday, July 24<sup>th</sup>. An announcement will be going out shortly and employees will

- need to sign up on the CTS webpage. There will also be a walk scheduled in August but the date has not been determined yet.
- Health Fair: Next month we will begin to prepare for this years Health Fair. Please look at calendars to see if there is a better time in October to schedule the fair. We will work on getting save the date letters out to vendors once a date has been scheduled.
  - Update picture for Wellness Webpage: The photo of the Wellness Committee should be updated soon. We will send out an email to members with a date and time and hopefully everyone will be able available for a quick photo.

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