

Meeting Notes 7/25/07

**Juniata College
Wellness Committee**
July 25, 2007; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Krugh	Doreen Mills	John Matter
Dave Fusco	Shya Price	Diane Ross
Cady Kyle	Wanda Lightner	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:

- Weight Watchers at Work: Possible meeting locations were discussed for the next set of sessions starting August 22, 2007.
- 2007 Walking Challenge: Prizes were suggested for those who reach the 3,000 minute goal. Members suggested possibly having water bottles for prizes.
- Health Fair: Members decided to hold the annual health fair in October again this year. Members are to e-mail vendor suggestions to medvitl@juniata.edu.

The committee discussed the following new business:

- Future Lunch & Learns:
 - September – Lighten Your Load
 - October – Elder Care
 - Deb Kirchoff-Glazier has volunteered to do a Food As Medicine Lunch & Learn.
- Farmers' Market: A reminder was given that the Farmer's Market will be continuing through August.
- "The Best of Stress Management": Deb Kirchoff-Glazier offered to share her DVD mini-course materials on stress management.

The next regularly scheduled meeting will take place on Wednesday, August 22, 2007 at 2:00pm @ vLSC Rockwell Seminar Room.