

Meeting Notes 08/31/05

Juniata College
Wellness Committee
August 31, 2005; 2:00pm
vLSC Rockwell Seminar Room

Committee Members Present:

Wanda Lightner	Diane Ross	Deb Kirchof-Glazier
Barb Williams	Beth Williams	Joanne Krugh
Connie Peters	Cady Kyle	

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
2. Wellness Discussion in Forums
3. Website
4. New Business

The committee discussed the following old business:

1. Health Fair: The committee engaged in a wrap-up discussion regarding the Campus Health Fair which took place on August 24, 2005. 32 Vendors participated in the event. The vendors generously provided free samples and almost all had some type of free drawing for employees. Testing provided included blood pressures, skin screening, lung capacity, risk for osteoporosis, and much more. All vendors were placed in a drawing for a door prize, and J.C. Blair Mammography group was the recipient. On behalf of the committee, thank you letters were sent from Dr. Kepple. Cady also thanked Joan Engle, Diane Ross, Wanda Lightner, Beth Williams, Shauna Morin, Sherry Sharum and Colleen McLaughlin for their assistance at the Health Fair. About 50 employees attended the event. Cady asked for suggestions to increase next year's attendance. The following ideas were discussed:

- Try holding the event in mid to late September prior to fall break and Mountain Day
- Include in announcements that door prizes will be given
- Have greeters stationed throughout the room to initiate discussion of wellness or direct visitors to specific points of interest.

2. Shape Up JC: Shape up PA ended with such success (a combined 5,150 hours of activity and 215.5 lbs of weight lost among participants) that we will try to have our own even this fall, beginning August 29 and running through November 21, 2005. So far interest has indicated we could have approximately 4 teams. Due to the various numbers of team members, winning categories will be calculated by averaging number of team members. Plans include a rally event and t-shirts for participants.

3. October Lunch & Learn: Cady reported that she has confirmed that Art Stoner from Murray Insurance will be available to present Back Health/Lifting Mechanics at our October Lunch & Learn. The event date and time is to be determined.

4. January/February Lunch & Learn: The group discussed topics for the next event. It was agreed that Herbs/Vitamins would be the topic. Beth Williams volunteered to ask Anne Wishard from Sweet Annie Herbs if she would be the presenter for the event.

There have been no postings to the Wellness Discussion in the Forums.

The Wellness webpage is under development.

There was no new business was discussed.

The next regularly scheduled meeting will take place on Wednesday, September 28, 2005 at 2:00pm @ vLSC Rockwell Seminar Room.