

Meeting Notes 09/24/08

Juniata College Wellness Committee

September 24, 2008 2:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Wanda Lightner	Barb Williams	Stephanie Turner	Wendy Garlock
Joan Engle	Diane Ross	Doreen Mills	JoAnn Isenberg
Joanne Krugh	Cady Kyle	Cindy Gibboney	Deb Kirchhof-Glazier

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: Juniata took second place this year behind Mutual Benefit Group. There will be a full write-up in the upcoming Lantern. MERF took 3rd place, JC Blair 4th, and Mead 5th. The prize for those how met the 3,000 minute goal is on order – insulated drawstring backpacks – black with white logo. 51 out of 68 participants reached the goal. TJ Anderson won the golden sneaker with 40,934.25 minutes of activity.
- Lunch & Learn: Internet Safety: 44 out of 55 registered participants attended. Feedback was very positive about Phil Harchak's presentation and information received. The power point presentation Phil used will be posted to the Wellness Website.
- Lunch & Learn: Stress Management: Deb Kirchhof-Glazier will be presenting a stress management Lunch & Learn in November. We will look into providing Happy Hearts again.
- Wellness Rewards: Points statements will go out by the end of the week.
- Weight Watchers: To date there are 14 lifetime members. We are beginning another session next week and will continue discount for employees/spouses.

- Health Fair: We have received 10 vendor responses to date. Flu Shots will be provided for a \$5 copay, HR will cover the remaining \$10. We will ask for advance registration on the CTS webpage, so that we know how many shots to have ready. Barb Williams volunteered to assist Connie with the administration. Cady will check with Bev Simpson regarding professional liability coverage if we do this.

The committee discussed the following new business:

- Upcoming Community Events – will be posted to wellness website and advertised in announcements
 - Complementary and Alternative Medicine Presentation – Friday, September 26, 2008 @ 7:00pm at Natural Connection Wellness Center
 - I Commit to Be Fit Fundraiser – Sunday, October 5, 2008 from 2:00-5:30 pm @ the Natural Connection Wellness Center – includes Life Coaching, Tai Chi, Mind, Body Fitness and Yoga. \$100 donation with 10 sponsors.
 - Scott Grugan 5K – October 18th – Flag Pole Hill
- Spring Lunch & Learns:
 - Part II of Keeping it Green – Check with Sharon Yohn to see if she is available to do this session. Suggestion was also made to include organic gardening as a topic.

The next regularly scheduled meeting will take place on Wednesday, October 22, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.