

Meeting Notes 9/28/2010

Juniata College Wellness Committee

September 28, 2010 11:00am
VLSC 1116 Rockwell Seminar Room

Committee Members Present:

Barb Williams	Doreen Mills	Shya Erdman
Cindy Gibboney	Dave Fusco	Joann Isenberg
Joanne Krugh	Wanda Lightner	Diane Ross
Andrea Smith		

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

1. Discuss Old Business
 - a. Aerobics Classes - They are still going well. Attendance still down. Sometimes only have one person in a class. They are scheduled at 7 a.m., noon and 5 p.m.
 - b. Weight Watchers -New session just started --over 15 signed up. Don't know the exact #.
 - c. 2010 Huntingdon County Fitness Challenge—Juniata came in 2nd place. Mutual Benefit was in 1st. Prize for those participants who were over 3000 is probably going to be t-shirts.
 - d. Health Fair:
 - i. Vendors –only 20 vendors signed up for the fair so far but letters were sent to financial institutions in the hopes of having a section at the fair on Financial Wellness.
 - ii. Biometric Screenings—To be done again this year by the same company who did them last year. The Vitamin D check is too expensive (priced at a couple hundred dollars per person).
 - iii. Flu Shots—Will be given at this year's fair from 11 a.m. to 3 p.m.
2. New Business
 - a. Colleges Against Cancer—presentation b Alesha Dahl. CAC is having various activities from October 23rd to 29th. CAC has been invited to participate in the health fair to sell T-shirts and to let everyone know about the events scheduled for the week.
 - b. Upcoming events:

The next regularly scheduled meeting will take place on Tuesday, October 26, 2010 at 11:00am @ VLSC Rockwell Seminar Room.