

Meeting Notes 9/27/2011

Juniata College Wellness Committee

September 27, 2011; 11:00 am
VLSC Seminar Room

Committee Members Present:

Betty McKim	Joann Isenberg	Penny Hooper Conway
Steph Turner	Cady Kyle	Andrea Smith
Wanda Lightner	Dave Fusco	Gerald Kruse

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

1. Discuss Old Business
 - a. Health Fair/Flu Shots – The upcoming Health Fair was discussed. A new idea for this year is to have those attending get a stamp from the various vendors in order to be put in a drawing for a special door prize. Betty will provide stickers and those participating must get at least ½ of the vendors to give them a sticker.
 - b. Biometric Screenings: We are giving it a break for this year and looking into new options for next year.
 - c. Wellness Rewards: Not much new to report in the Wellness Rewards challenge. About the same participation as in previous years. We are planning to calculating the value of an HRA contribution based on the employees wages for next year.
 - d. Weight Watchers: Pat Berrier is the new leader. Meetings will run through the 2nd Wednesday in December. We now have over 20 lifetime members. Meetings will be held on Wednesdays at 4:00 p.m.
 - e. Lunch and Learn: Ideas for November were on Seasonal Depression and Osteopathic Manipulation. There is a sustainability lunch and learn scheduled for December.
2. New Business
 - a. CPR Classes: Juniata College employees will have the opportunity to take the classes to become certified in CPR. The time and dates to be announced.