

Meeting Notes 11/22/2011

Juniata College Wellness Committee

November 22, 2011; 11:00 am
VLSC Seminar Room

Committee Members Present:

Cady Kyle	Dave Fusco
JoAnn Isenberg	Andrea Smith
Wanda Lightner	

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

1. Discuss Old Business
 - a. Wellness Rewards – Ideas for new strategy next year.
 - i. Extra points (2 per month for sending log electronically)
 - ii. Incentives for turning in logs every month on time (added prize)
 - iii. Bonus points above 500 points – Participants should be allowed to continue to earn points and get prizes after reaching the 500 point mark.
 - iv. Prizes for next year will be reviewed so that we are sure that the prizes being offered are easily accessible.
 - b. Weight Watchers: Pat Berrier is the new leader. We now have over 20 lifetime members. Meetings will be held on Wednesdays at 4:00 p.m.
 - c. Lunch and Learn: Betty is checking with Amy Swindel to see if she would be available to speak in February. There will be no lunch and learn in January or December
2. New Business
 - a. CPR Classes: Classes will be offered again in January.
 - b. Upcoming events: Hollidaysburg YMCA Turkey Trott. Polar Bear Plunge at Canoe Creek is December 12th.

There will be no Wellness Committee meeting in December. The next Wellness Committee meeting will be January 24th.