

## Meeting Notes 4/26/2022

### Juniata College Wellness Committee

April 26, 2022; 9am

Zoom

Committee Members Present:

Joel Pheasant

Paige Hower

Penny Hooper-Conway

Cady Kyle

Bethany Sheffield

Phil Dunwoody

### New Business

**Summer Programming** – The committee discussed running a summer challenge versus offering some planned activities. It was decided we would offer several group activities over the course of the summer. We will start with Phil's session last week of May, and offer a walk to the farmer's market in June. Committee was asked to share any ideas for events with Paige or Cady.

### Old Business

**Managing Burnout & Promoting Wellbeing Session** – Phil will present the week of May 23. Cady will work with Phil to schedule day and time, and promote the event.

**Spring Challenge**- Rushing Into Spring Challenge will end on April 30 and participants have until May 5 to return their cards. Penny asked that a reminder announcement be sent out.

**ACHIEVE Health Literacy Program – L&L Speaker Series** – Attendance at both the April 4 session with Nick Miller & Tony Ricci and April 18 session with Sarah Young Fisher was 21 staff, 2 students. There will be a break over the summer. ACHIEVE plans to offer programming next academic year; wellness committee agreed to support this effort providing budget funds and assistance with registration page. If you have suggestions for speakers who could give a talk on one of the social determinants of health, please let Paige or Cady know. Likewise if you have feedback you would like to share please let us know and we will get it to the ACHIEVE team.

**WW @ Work** – We have about 4-5 people participating in weigh in. Committee agreed to run another session after the end of this one.

**Morale/Wellbeing** – Great Colleges Survey has closed – overall participation was our highest yet at 59%. The Great Colleges program average participation was 44%. We will receive our reports in late July and Cady will present a high level overview to the committee.

The meeting was adjourned at 9:15.