

## Meeting Notes 4/27/21

### Juniata College Wellness Committee

March 23, 2021; 9 am  
Zoom

Committee Members Present:

Allyson George  
Penny Hooper-Conway  
Betty McKim  
Bethany Sheffield

Paige Hower  
Cady Kyle  
Phil Dunwoody

### New Business

**Discussion on wellbeing** – Cady welcomed Phil Dunwoody to the committee as a Faculty rep. Phil shared some details of his research around wellbeing and its relationship to the workplace; he explained wellness is a component of the broader concept of overall wellbeing, and that one's wellbeing can be greatly influenced by the design of one's work. Cady also shared an article around the idea of "Languishing" which is the absence of wellbeing. The committee agreed to read the shared resources and meet on Tuesday, May 11 at 9am via zoom (Cady will send calendar invite) to discuss.

**Summer Challenge** – Justine Black suggested integrating library services into summer wellness programming. She thought it would provide outreach and community engagement, possibly even book or genre recommendations from the librarians. We also discussed pursuing programming around finding a sense of meaning and purpose in the work one does, particularly at Juniata, and the broader construct of wellbeing.

### Old Business

**Spring Challenge Update-** There are approximately 28 participants in the April Healthy Habits challenge. We are still looking for prizes for the self-care, office & productivity and health & wellness categories. Please let us know if you have any ideas.

**Other Business** – Cady will be investigating the possibility of resuming the free faculty/staff biometric screenings on campus this fall.