

## Meeting Notes 07/26/06

**Juniata College**  
**Wellness Committee**  
July 26, 2006; 2:00pm  
vLSC Rockwell Seminar Room

Committee Members Present:

Joanne Krugh	Barb Williams	Dave Fusco
Joanne Henney	Wanda Lightner	Gail Leiby Ulrich
Diane Ross	Deb Kirchoff-Glazier	James Latten
Wanda Lightner	Laura Medvitz	

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

1. Discuss Old Business
3. Website
4. New Business

The committee discussed the following old business:

1. Upcoming Lunch & Learns: The committee decided not to plan a Lunch & Learn for August, but resume the program in September. September's Lunch & Learn will be a "kickoff" for new employees and a review for existing employees on wellness programs provided by the College. The October Lunch & Learn will be in conjunction with the Health & Wellness Center on Breast Cancer Awareness.
2. CareWise Program: Participation levels were discussed and it was reported that the number of employees using the program this past month are double the CareWise norm for a start up program. Our CareWise representatives are pleased with our participation percentages thus far.
3. J.C. Blair vs. Juniata College Walking Challenge: Ideas for the closing ceremony were discussed. Due to short lunch breaks, several J.C. Blair employees would be unable to attend the ceremony if it was hosted at the College. Gail will speak with a J.C. Blair representative about having the ceremony hosted by Juniata College at their facility. If this is approved, we will announce to employee's who participated to bring a light side dish.

4. Health Fair: It was decided to have the fair from 12:00-3:00 on October 2, 2006. Gail will research whether vendors can sell their products at the health fair. We should also consider making a schedule for some vendors to have brief demonstrations. There will be a list of vendors from last year distributed to committee members. The committee members will be forwarding the names and contact information for other possible vendors to Gail and/or Cady.

There was a question as to the progress of making the College a smoke-free campus. Although progress is being made, there is a need to move slowly and give employees the opportunity to take advantage of the cessation programs provided by the College.

There was no new business discussed.

The next regularly scheduled meeting will take place on Wednesday, August 30, 2006 at 2:00pm @ vLSC Rockwell Seminar Room.