

Meeting Notes 7/26/2022

Juniata College Wellness Committee

July 26, 2022; 9am

Zoom

Committee Members Present:

Cady Kyle

Phil Dunwoody

Paige Hower

New Business

Health Fair/Biometric Screenings – We are evaluating whether we will be able to have these events, as HR is currently committed to two big projects that are taking our full attention. Will report at the next meeting.

LinkedIn Learning – Justine Black suggested some of the learning topics might be of interest to Wellness Committee to promote. Will discuss when more committee present.

Therapy Assistance Online (TAO)- Naomi Radio reached out about a new suite of online tools offered through Student Life designed to promote effective evidence-based resources to help us and the students we work with address some common mental health challenges and manage life events. Committee should evaluate when time permits.

Old Business

Rushing into Spring Challenge – Prizes have arrived/been distributed to approx. 30 participants. An embroidered Juniata Eagles beach towel and \$25 store credit at The Perch are among the prizes available to participants.

Walk to the Farmer's Market – this will likely not take place this summer as HR is not able to lead the walks due to data configuration recurring project meeting, and there not being a committee member able to serve in that lead capacity.

Managing Burnout & Promoting Wellbeing Session – Great participation and feedback with 24 staff in attendance. Thank you to Phil for presenting this session. Discussion about potentially scheduling a repeat of this session.

WW @ Work – We continue to have about 4-5 people participating in weigh in. Will likely run another session if there is interest.

Morale/Wellbeing – Great Colleges Survey overview will be presented when results are ready.

The meeting was adjourned at 9:15.