

Meeting Notes September 26, 2023

**Juniata College
Wellness Committee**
September 26, 2023; 9am
Zoom

Committee Members Present:

Paige Hower

Bethany Sheffield

New Business

Wellness Grant- Reviewed Wellness Grant for employee D. Hsiung and Muddy Runners in the amount of \$470.70 and A. Boerstler in the amount of \$91.78. Due to limited participation, email was sent to other Wellness Committee members and approval was obtained to pay grants. Discussion was had in regards to whether the Wellness Committee may want to provide a Juniata logo item to those who are representing Juniata in the future through the Wellness Grant.

ACHIEVE Lunch and Learns- Discussed the upcoming Lunch and Learn on October 10th, as well as a reminder that Lunch and Learns count as one activity under the Live Well Component for the Be Well @ Juniata Incentive. The October 10th Lunch and Learn is set to be presented by Rob Lauzon and Bethany Benson Burns. The topic of the L&L relates to commemorating and the significance of memorials as they relate to community health.

Health Fair & Biometric Screenings – The Health Fair date has been set to be October 18th between 11:00 AM and 2:00 PM. Health Fair Invites and Participation Forms were mailed on August 16th and responses are being received. Expected to have 20-25 vendors at the Health Fair based on participation received to date. Discussed concerns over limited response from Penn Highlands, as JC Blair was a big contributor to the health fair in the past. Over 120 employees completed the Biometric Screenings through UPMC during the September dates.

The meeting was adjourned at 9:30 am.