



Wellness Committee Meeting Notes

January 6, 2015: 3:45pm-4:45pm



Wellness Committee Attendees:

Breanna Mullen (Chapman and Chapman), Paul Lombardo (HR Director), Bob Rinehart (Assistant Treasurer), Brandi Hawkins (Monticello), Stephanie Steffas (Food Services), Joan Webster (Student Services), Margie Rossaman (Student Services: Nurse), Angelique B. Troy (Monticello), Sharolyn (Monticello), Mary Anderson (Counselor)

2016 Summary of Events to Date

- Wellness Committee Recurring Appointment:**
1st Wednesday of each Month; 3:45pm-4:45pm
- Wellness Fund Investment:** \$20,000
- Wellness Program Name:** "Healthy Tiger Nation"
- Wellness Program Logo:** Complete; with EmbroiderMe (Ken Grodek)
- Wellness District Web Page,** Carla updates district web site wellness page; link is off home page, <http://www.chuh.org/HealthyTigerNation.aspx> Flu shot flyer, newsletter, food demos, health fairs, etc.
Mission Statement, complete 7/8/14
"To encourage and support the health and well-being of our Tiger Nation by promoting a healthier lifestyle long-term and making healthy living fun."
- Movable Challenge,** 2/1/16

Topics Discussed:

- Yoga/Zumba/Circuit Training-
Fitness Circuit Training: Fairfax- 1/27, 2/3, 2/10, 2/17, 2/24- (Session I) \$300 plus \$30 for each person, staff will pay \$15 of the \$30

Zumba: Monticello (West Gym) - 1/14, 2/9, 3/22 4-5pm- \$75 (sound system needed)

Yoga: Roxboro -1/22, 2/17, 3/18 4-5pm-\$65

Breanna will make flyer for Yoga/Zumba by 1/8
Breanna will make flyer for Fitness Circuit Training
- Movable Challenge –
42 Days to See the USA Movable Challenge: 2/1-3/14, register by 1/18.

Announcement Flyer will be sent out 1/7 along with the document listing the compatible third party devices.

Breanna will separate the participants into groups after the registration deadline.
- Wellness Survey –
Last survey was completed just over a year ago. Breanna will create the survey and send to the committee to be looked over and then sent out to faculty/staff. They will have 2 weeks to fill it out (it will be sent out twice).

If there are any question you would like to added email Breanna at breanna@chapmanandchapman.com

4. Health Topics Newsletter –

Breanna will send out newsletter to Bob to be distributed.

5. Blue Sky Green Fields-

Need a building rep if they want delivery to their specific school. Need a room scheduled to drop off once a week.

Roxboro is the only school that has a rep.

6. Flu Shots-

There are 362 people who have received flu shots! Which is a 1.5% from last year.

7. Mandel JCC-

Paul handed a flyer with a special offer for employees of CH-UH Schools. If staff join in January they will receive 15% off membership dues, a \$19.95 enrollment fee, a bonus fitness package, five free guest passes, and a free workout t-shirt.

The offer ends January 31st.

8. Next Meeting – February 3, 2015 at 3:45