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**Cleveland Heights- University Heights
City Schools
2017- 2018 Wellness Committee Meeting
Tuesday, May 8, 2018**

\$25,000 Wellness Grant (January 1, 2018 - December 31, 2018)
Invoices and canceled checks from expenses due Nov. 30 2018
900+ staff members
11 schools

Agenda

1. MMO presentation: Impact and Solutions Wellness Program:
Megan Dzurec and Jay Akram
2. Fitness Center Discounts: Yoga Roots, Mandel JCC, etc
Juana Cuervo
3. Mindfulness Class – last class Thursday May10, 2018
Status of survey for interest in summer class
4. Wellness Committee Challenge/ Wellness Funds Opportunity Survey
- Karen LaBoda
5. Budget and expenditures
Bob Rhinehart -expenditures submitted 3/26/18
6. Health and Wellbeing Fair August 17, 2018; 11:30- 1:30
7. Additional ideas for September – December 2018
Weigh in Challenge
Peerfit
Consider Self-defense /coping skills and resiliency training for PD (date?); Carol still needs to reach out to sources. Any additional names to consider?
8. Status of website update



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9. Next meeting