



Gallagher

Insurance | Risk Management | Consulting

Cleveland Heights- University Heights City Schools 2017- 2018 Wellness Committee Meeting Tuesday, April 10, 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. Mindfulness Class
 - Class will NOT be held during spring break; a class will be tacked on to end of series
3/8/2018, 3/15/2018, 3/29/2018, 4/12/2018, 4/19/2018, 4/26/2018, 5/3/2018, 5/10/2018
2. Survey- Marisa to send to Employees
 - Canvassing interest in Summer Mindfulness class
 - Announcing opportunity for each school to submit plan to use wellness dollars; subject to committee approval; necessitates participation in wellness committee
3. Current budget and expenditures-expenditures submitted 3/26/18
4. Health and Wellbeing Fair August 17, 2018; Time?
 - Review last years vendors
 - Confirm 2018 invitation
5. Fitness Center Discounts
 - Mandel JCC
 - Yoga Roots/ Juana Cuervo
 - Requested direct marketing to all employees
6. Additional ideas for September – December 2018
 - Consider Self-defense /coping skills and resiliency training for PD (date?); Carol still needs to reach out to sources. Any additional names to consider?



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7. Status of website update

8. Next steps

9. Next meeting