



Gallagher

Insurance | Risk Management | Consulting

**Cleveland Heights University Heights
Wellness Committee Meeting
July 19, 2018
Discussion Points**

1. Dr. Talisa Dixon
 - a. Review and discussion of MMO Wellness Grant with Jay Akram
 - b. Proposals Goals for 18-19 School Year
 - c. Review of Convocation Day plans

2. Health and Wellness Fair: Friday, August 19, 2018
 - a. Confirm time: 11:00am-2:00 pm
 - b. UH screenings
 - i. Giant blow up heart 18 ft
 - ii. Giant Blow up heart 12ft
 - iii. BP screenings
 - iv. Glucose Screenings
 - v. Cholesterol Screenings

 - c. Vendor status
 - i. To be contacted: JCC/Mandel
 - ii. Declined; UH Connor Integrative Health- Mindfulness and Cleveland Clinic
 - iii. Patrick J Carroll - 10 of Massage therapists have been secured; need space to accommodate; Confirmed time 11:00-2:00
 - iv. Total number of vendors

3. Paul Gustafson : Muse Meditation device

4. Next meeting discussion: Proposed ideas for 2018-2019 School Year
 - a. Continue classes: Circuit Training
 - b. Mindfulness
 - c. Individual School grant proposals
 - d. Vendors (Peerfit, Alyfe, Navigate, whil)
 - e. Healthy Schools Program – Alliance for a Healthier Generation

5. Next meeting date