



Gallagher

Insurance | Risk Management | Consulting

**Cleveland Heights University Heights
Wellness Committee Meeting
June 7, 2018
Discussion Points**

1. Results of satisfaction survey from Mindfulness Class
2. Last meeting
 - a. MMO Solutions and Impact Program
 - b. Peerfit
3. Survey
 - a. Interest in summer Mindfulness classes? Continue classes in September?
 - b. Promote individual building wellness grants
4. Health and Wellness Fair
 - a. UH screenings
 - i. Giant blow up heart with BP screenings
 - ii. Cholesterol Screenings
 - iii. Something related to stress
 - iv. Vision
 - v. Hearing
 - vi. Bone Density
 - b. Imperfect Produce: vendor and / or supplier
 - c. Vendors: add Mindfulness, Imperfect Produce, Organ Donation and Liver Foundation, Diversity Center, JCC
 - d. Number of Massage therapists needed; space to accompdate
 - e. Total number of vendors
5. Other items
6. Next meeting