

Wellness Committee

Meeting Date: June 7, 2018

Attendees: Bob Reinhart, Marisa White, Linda Rudy, Karen LaBoda, Carol Prendergast (Gallagher)

Results of Mindfulness:

Approximately 65% of the original registration stuck with the class and were active participants. Sending out a survey regarding upcoming classes has been tabled until next fall due to the district summer schedule. Several people from the Level I class are interested in attending the Level II program.

Summer Challenge Flyer:

The flyer was submitted for review by the committee. The suggestion to add the word "fitness" equipment to loan was considered and accepted. Once the correction is made, the flyer will be uploaded to the website and sent out in a mass email. Karen shared Diamante's information that the nurses are willing to collect/organize the paperwork at each school for the challenge.

Bob would like the flyer blown up to poster size for use at the Wellness Fair.

Follow-up question: Do we want a poster for each building?

Wellness Fair:

- Review of current progress and interested/possible vendors.
- Dr. Dixon would like the American Heart Association included with the vendors. Carol was given the contact information for Valerie Weber & will reach out to her.
- Linda to reach out to one of her contacts (Paul B.), who's a chiropractor, to ask if he'd be interested in participating with the Health Fair. Linda will also talk to one of the CHUH nurses regarding the possibility of presenting information, on an educational level only, about essential oils.
- When the convocation notice is put out, include Linda's catch-phrase suggestion to "BYOB – Bring Your Own Bag" in an effort to promote environmental consciousness. Include this on the website, too.
- Marisa to talk to Caroline about setting up a meeting asap with Dr. Dixon regarding Convocation Day to review agenda, responsibilities and necessary assistance. The Wellness Committee & Carol need to attend.

General Info:

As the committee is considering investment of our grant money in wellness programs, the question was raised of how many employees actually have the health insurance. Per Bob, roughly 865 out of 962 have the health insurance and would, therefore, potentially benefit from the expenditure.