Meeting Notes 04/23/08

Juniata College
Wellness Committee
April 23, 2008
vLSC 1116 Rockwell Seminar Room

Committee Members Present:
David Fusco  Wanda Lightner  Shya Erdman
Barb Williams  Doreen Mills  Joanne Krugh
Wendy Garlock  Cindy Gibboney  Jo Ann Isenbg
Deb Kirchhof-Glazier  Cady Kyle  Laura Medvitz

The meeting was called to order and the committee was presented with the following agenda:

1.  Discuss Old Business
2.  New Business

The committee discussed the following old business:

- **Fitness Challenge**: Employees logged 401,960 minutes of activity in February. April’s logs are due on May 10th.
- **March Lunch & Learn**: There were 50 employees in attendance for the Improving the Earth and Your Health Lunch & Learn.
- **April Lunch & Learn**: There were 63 employees in attendance for the Food as Medicine Lunch and Learn.
- **Upcoming Lunch & Learns**:
  - May 22 – Internet Safety

The committee discussed the following new business:

- **Wellness Rewards Statements**: E-mails will be sent out giving participants their total number of wellness rewards points.
- **Health Risk Assessments**: Cady presented the state of our health care plan to the Board of Trustees and expressed our interest in conducting a Health Risk Assessment program.
- **Huntingdon County Fitness Challenge**: This year’s challenge will run from May 1st through September 1st. We are planning to have the Kick-Off Walk on May 2nd.
- **Huntingdon County Farmers’ Market**: The market will begin on June 5th and will take place every Thursday throughout the summer.
- **Wellness Activities Throughout the Summer**: Suggestions were given to have a monthly walk to the market. Other suggestions included a vegetable exchange and a speaker to talk about gardening.

The next regularly scheduled meeting will take place on Wednesday, May 28, 2008 at 2:00pm @ vLSC Rockwell Seminar Room.