Meeting Notes 10/25/2011

Juniata College
Wellness Committee
October 25, 2011; 11:00 am
VLSC Seminar Room

Committee Members Present:

Cady Kyle
Steph Turner
Deb Kirchoff Glazier

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

1. Discuss Old Business
      i. Extra points (2 per month for sending log electronically)
      ii. Incentives for turning in logs every month on time (added prize)
      iii. Bonus points above 500 points – Participants should be allowed to continue to earn points and get prizes after reaching the 500 point mark.
      iv. HRA recalculation – It was discussed that the HRA Contribution will be somewhere between $175 and $200 next year instead of $150 for the 500 point mark.
      v. Prizes for next year will be reviewed so that we are sure that the prizes being offered are easily accessible.
      vi. The calendar for next year will list what months should be 4 week months and which months should be 5 week months.
   b. Weight Watchers: Pat Berrier is the new leader. Meetings will run through the 2nd Wednesday in December. We now have over 20 lifetime members. Meetings will be held on Wednesdays at 4:00 p.m.
   c. Lunch and Learn: There is a sustainability lunch and learn scheduled for November. Deb suggested the possibility of doing a Stress Reduction Lunch and Learn for office workers. This is an idea for February/March
   d. Health Fair: 201 employees and students attended the fair.

2. New Business
a. CPR Classes: It was reported that the CPR Class scheduled for October 26th was full and there were 3 spots open for the October 28th class. Classes will be offered again in January.

b. Yoga- Nothing new to report

c. Great American Smokeout – November 17th. An announcement will go in the Faculty and Student page.

d. Upcoming events: Thirteen JC people participated in the Tussey Mountainback. There was an eight person team consisting of three students and also a five person team.

e. Huntingdon Health and Wellness Association – will be doing a drawing in December for a Fuel/wood/gas/groceries giveaway.

The next Wellness Committee meeting will be held on November 22nd.