

Health & Wellness Committee Meeting  
November 23, 2010  
9:30 AM

Members Present: Tammy George, Jackie Schmitt, Barb Callahan, Pam Klein, Barb Bendall, Sandy Fischer, Beka Johnson, Janelle Van Erem, Catherine Wildenberg

Agenda Items:

1. February 4<sup>th</sup> Wellness Day Planning:

Lunch for Staff and Guests on February 4<sup>th</sup> – Buffet style Salad and Soup and Healthy Dessert. Doreen needs an RSVP for lunch.

Schedule of Activities/Day

Lunch @ 11:15 AM – Noon

1<sup>st</sup> Classes: 12:00 – 12:50, 2<sup>nd</sup> Classes: 1:00 – 1:50

Health Fair: 11:15 – 12:00

Student Health Fair: 8:00 – 11:00

Food Challenge: Foods 3 class Create healthy dips and snacks

Students Health Sessions (Need 8 slots per session)

Students will get three choices:

- Yoga Relaxation
- Zumba
- Everywhere fitness
- It's your ball, pick it up
- Ways to prevent future aches & Pains
- Know your numbers or women's health
- Dance Dance Revolution
- Nutrition for Athletes
- Drums Alive – Drumming Fit Ball
- Stress – Student Mental Health

Offer a Raffle for staff at 2:00 pm, must be present to win.