

## Minutes 8/28/2018

Meeting start: 3:32

Meeting end: 4:20

- Members in attendance: Rachel Hesebeck, Aimee Jaynes, Lindsay Kracht, Laura Lappenga, Pamela Lien, Karinne O’Ram, Angie Shilling, Morgan Granstra
- Wellness Committee Overview
  - Purpose of this committee is to be responsible for scheduling activities that promote wellness on campus including the wellness fair, wellness-to-go presentations, wellness challenges, and other wellness initiatives.
  - Strive to provide fun and healthy opportunities to NCC staff, faculty and students and we hope those opportunities encompass all dimensions of wellness.
- New Members for 2018-2019
  - Mark Brown, Brandi Hansen, Rachel Hesebeck, Aimee Jaynes, Laura Lappenga, Megan Lovan, Allie Mouw & Karinne O’Ram
- Fall 2018 NCC Recess Day
  - Wednesday, September 19 (part of DOT week)
  - 11:00-1:00
  - Basketball Courts by Osceola Hall
  - Working with DOT committee to include Recess Day in points incentive
  - WC will sponsor ice cream treats and will work shifts throughout the fair (see sign up sheet)
- Next Step Challenge (Begins September 10)
  - Next Step is already organized through LHI
  - We will pay \$5 of the \$10 registration fee for those who participate
  - 2- \$5 prizes throughout the challenge
  - Teams must register by September 7<sup>th</sup>
  - Morgan will send out campus-wide email to invite participation
  - Begin formulating teams in your area!
  - Let Morgan know if you are interested in WC team
- Healthiest State Walk (free event) (14 participated last year)
  - Wednesday, October 3<sup>rd</sup>
  - 2- \$5 prizes for those that participate (drawing at end)
  - T-shirts ordered by Sept. 17 (minimum order of 24/ \$315) (Those that participate get shirt- give rest away as prizes through the year???)
  - How can we make this event more desirable to participate in?
- Wellness Fair (October 24<sup>th</sup> 11:00-1:00)
  - Contacting Vendors (Morgan, Lindsay, Greta, and Angie)
    - NEW IDEAS!
    - Lindsay will contact officer Kurtz
    - Skin Cancer Screening? (ask Greta)
    - Esthetician?

- Bone Density (Angie)
    - Nursing Students also do healthy snacks? (Angie, Laura Karinne)
  - Room Reserve/Set-up (Morgan) DONE
  - Gathering prizes (NEED)
  - Assist with set-up (NEED)
  - Assist at Fair (NEED)
- FYI-Wellness-to-go's/Lunch N Learns
  - Overall, have less events, but advertise them more
  - Test Anxiety/Meditation- September 26<sup>th</sup> 11:30-12:15
    - Leah (LC) give presentation on test anxiety
    - Meditation
    - Free Snacks
    - Extra credit (talk with Faculty)
  - Future Ideas:
    - Freezer Meals Event (Jessica Williams) (WC pays portion of individual registration for CE class) (November?)
    - Free/Healthy Lunch (similar to dietitian event last year)
    - Please email me other ideas you have! We have done many different things in the past: such as, Meditation, Acupuncture, Chiropractic Care, Dental Care, Eye Health, Keto Diets, Yoga, other fitness classes, etc. All ideas are welcome!!
- Future Meetings
  - Email me day of week & time that work best for you for future planning!
- Other Items
  - Gratitude Challenge (November/December)