

Wellness Committee Meeting

March 2018

Agenda

- Live Healthy Sheldon Update
 - 31 NCC participants
 - 2nd mini-challenge winner to be announced tomorrow
 - 3rd challenge- sent out tomorrow
 - will be a combo of activity and healthy diet

- Wellness-to-go Ideas
 - Freezer Meals (Jessica)- May
 - Gardening (Jan)- April
 - Making Healthy Snacks
 - Employee Healthy Lunch

- Spring 2018 Recess Day
 - Wednesday, April 25 11:00-1:00
 - LLRC
 - Bean Bag Toss Game (Admissions)

- Other? None.

Committee Members

- Sandy Bruns
- Mark Bohnet- NO
- Dan Cline- NO
- Jennifer Dokter- NO
- Greta Giese
- Morgan Granstra
- Lindsay Kracht
- Dee Kreykes
- Pamela Lien
- Paula Meyer- NO
- Heather Peters
- Angie Schilling- NO
- Jan Snyder- NO