**Juniata College**

**Wellness Committee**

November 28, 2017 – 11:00 AM

Treasure Room – Library

1. *Discussing Old Business*

* Blood Pressure Screenings – update
  + The committee mentioned looking into the possibility of buying a blood pressure machine (like they have in the Weis store)
    - Right now, the committee is spending about $120/month for the screenings, which are scheduled as follows: ½ December and January. (February – May)(September – November)
  + Cady reported that 17 faculty, staff and students had a screening in November:
    - November 1st (5 faculty / 2 students)
    - November 15th (6 faculty / 4 students)

It was also suggested that we try to have the blood pressure screenings on site the day of the January Lunch and Learn.

* Health Fair - update
  + 32 vendors were at this year’s fair
  + A record 300 people attended the fair
  + 84 flu shots were given (the Wellness Committee covered costs of flu shots)
* Weight Watchers – update
  + Survey ran in announcement (12 responses)
    - Steph will run the announcement again
    - The committee discussed what we do with the responses. This will be re-evaluated when we get more responses for the survey.
  + The next session starts in February
* Massages on Campus – update
  + Matthew Damschroeder found a room in Ellis as a possibility. Cady is meeting with Erin Pascal to see if the room will accommodate our needs for massage therapy.
* Give Thanks Event – update
  + 27 delivered cards (Alfie)
  + A lot were students
    - Because of this, many could not be delivered because they were not in their dorm rooms. Next year, the committee talked about getting the student’s schedule and delivering the thank you notes to the classroom.

1. *New Business*

* Wellness Grant – Eve Laidacker
  + Committee approved Eve’s application for her Pilates recertification
  + 75% of $199 - $149.25
    - Pay directly or approved – Cady will ask Eve
* January/February Lunch and Learn Ideas
  + January is Radon Detector Month. Andrea will talk to Dave Coder and Carla Panosetti to see if they know someone who would be willing to speak at a lunch and learn about Radon and Smoke Detectors.
  + February Lunch and Learn –Teen Dating Violence Awareness Month.
    - Andrea will reach out to Jody Althouse
* Other Business
  + Cycling Classes – The committee talked about the status of the stationary bikes (they need oiled and tightened)
    - Andrea will contact Dave Aurand

In Attendance: Penny, Steph, Cady, Andrea