

# Wellness Notes

April 17th

Agenda

1. Minutes from last meeting
2. Wellness Recommendations
3. Update on Pinkerton Exercise
4. Lunch & Learn Updates
5. Wellness Fair
  - a. Collecting contacts
  - b. Picking a date
    - i. March 14<sup>th</sup> only full TW
    - ii. ER date
      - Oct 11
      - Nov. 15
      - Dec. 13

Health screenings

6. New Leadership

**Next Meeting Date- 5/15/07- In Career Center**

## Attendance:

Susan Gerges, Carolyn Arndt, Heather Cunningham, Mark Conley, Jane Klotzle, Maureen Granger, Bonnie Maney, and Patricia Harms.

#1 Minutes/notes from last meeting were missing (now found)

#2 Recommendations were passed and Heather will send in to Mary

#3 Skipped/deferred

#4 Tentative for 2<sup>nd</sup> week of May. Will be Peter Murphy, self defense, in the aerobic room  
During lunches E-F-G. This will be the last one for the year; will try to do a “laughter” one in the fall.

#5 b. March 14<sup>th</sup> was the best day for the fair. Sending towns may have an interest in attending the fair.  
Heather will e-mail Mary for confirmation for this date. Tia will co-chair and Mark Conley will be on committee but cannot donate enough time for chairing.

c. Heather will contact Elliot Hospital for ala carte screenings, done in the aerobics room.

\*\* Heather will inquire about interest in “Wellness Based” workshops on March 14<sup>th</sup> such as yoga.

#6 New leadership was deferred due to small participation today.