

Regarding December Wellness Meeting

Hello Everyone,

As you see in the minutes Sue sent out this morning, we are scheduled to have our December meeting tomorrow. As a committee, we have been working **VERY** hard these past 6 weeks, and accomplished a great deal in terms of offerings to the staff...2 Lunch & Learns, the Health Screenings, a newsletter, 2 chair massages, plus 1 more scheduled for this Wednesday (if you haven't tried these yet, I have found them to be great for undoing stress kinks & increasing energy).

THANK YOU to all of you who have been a part of making all of this happen!

In light of all this hard work & accomplishment, plus the fact that we don't have a pressing agenda for this month, I am **canceling the December meeting**, hoping 1 less thing to think about at this busy time of year will reduce your stress & increase your wellness.

ALSO, in speaking w/ several of you, it sounds like having a meeting during finals would be difficult, so we are **moving the January meeting to the 2nd Tuesday, January 9th**. Please note this on your calendars & make every effort to attend. We will be working on the Wellness Policy recommendations & determining our schedule of events for the 2nd half of the year. Each of you has important & valuable input to offer!

Hoping you have a gentle week & a lovely vacation to both celebrate & renew,
Carolyn