

Wellness Committee Meeting
September 8, 2025
Teams Meeting
12:00-12:30 pm

Attendees: Kaitlin Ferguson, Rebecca Garcia, Eric Gossler, Charlotte Guyton, Sandra Karim, Kellie Martin, Judy McDowell, Pat Rush, Lisa Santora, Chloe Shileny, Juhelia Thompson,

Pat Rush started the meeting welcoming new faculty committee members. Sandra Karim, Juhelia Thompson, and Muriel Lee. He also shared that there are 46,000 dollars left that can be use towards wellness events, but they must be approved by the insurance committee.

Rebecca provided an update on possible gardening activities for wellness week. Pat allowed time for each member to provide any input or suggestions. Sandra Karim suggested a monthly calendar that would include knowing you your BMI and other vital health numbers, Biggest Loser competition, and a clothes swap or donation to the community. Juhelia recommended having regular blood pressure checks and mental health wellness. Kellie Martin suggested other activities outside of baby steps such as yoga or meditation. Other members also provided input on different activities.

Our next meeting will be Monday, September 15th at 12:00 noon via Teams.