

## **Wellness Committee Meeting**

**October 6, 2025**

**Teams Meeting**

**12:00-12:30 pm**

**Attendees: Hella Bowker, Rebecca Garcia, Eric Gossler, Charlotte Guyton, Sandra Karim, Muriel Lee, Kellie Martin, Judy McDowell, Pat Rush, Lisa Santoro, Chloe Shileny, Juhelia Thompson**

The meeting began with approval of the previous minutes.

The wellness website was shared for everyone to review. The group expressed positive feedback on the webpage, and Kaitlin was recognized for a job well done. She will continue to enhance and expand the site.

Pat discussed the upcoming event, Fuel the Planet (Sustainability Event). It will convene on October 23<sup>rd</sup>, 2025, from 12:00-5:00 pm. Lunch will be served from 12:00 to 1:00 pm. The Charm center will be both reintroduced and newly introduced to ensure everyone becomes familiar with its purpose and resources. This event is for employees only and will include the distribution of compost, and rain bins.

We are looking to have a wellness event in November, the 13, or 18th. Dr. Lee elaborated further on the event. We are planning to have a blood drive, along with blood pressure screenings. The college of nursing are planning to attend and assist. Pat suggested having it in the Atrium, but Dr. Lee shared that we need a smaller space that is more intimate.

Book exchange program-Chloe shared that her department have started collecting books. The book shelf is located in the staff lounge on the fourth floor. Dr. Karim suggested having a QR code for people to scan for sign in and to track the flow of usage. A global email will be sent out regarding the book exchange.

Dr. Martin inquired about The Biggest Loser contest. We plan to implement this initiative in the new year to encourage increased activity.

Dr. Lee asked if anyone from the wellness committee had been contacted to join. Pat noted that they would follow up with Dr. Jones for further follow-up.

Rebecca motioned to adjourn the meeting if there was nothing further. The meeting was adjourned.