

Wellness Committee Meeting

November 12, 2025

Teams Meeting

12:00 Noon

Attendees: Hella Bowker, Kaitlin Ferguson, Rebecca Garcia, Eric Gossler, Charlotte Guyton, Sandra Karim, Muriel Lee, Judy McDowell, Lisa Santoro, Chloe Shileny, Juhelia Thompson

Rebecca started the meeting. Karim discussed the wellness event for Thursday. The students will be down and ready to provide their services. Rebecca asked if everyone could work an hour at the wellness table. Muriel and Karim volunteered.

Chloe volunteered to sit at the table at 3:00.

Rebecca discussed the Composting with Worms Event, and asked if a staff member could help in the Mi-Jack room. There will be sign in sheets in all the rooms to record attendance for the gift cards.

The insurance committee approved the Amazon cards for a drawing to encourage people to attend.

Pat is not on the meeting so Rebecca shared that Pat was going to discuss that \$2000 be used from the wellness fund to update the employee lounges.

Dr. Karim suggested creating a circuit like planet fitness in the employee lounges. Many shared that they did not know where the room is located, nor do they have access.

Eric noted that the new ID passes allow access to many doors, so maybe the employee lounges can allow access with the new key as well.

We will table the idea of painting the rooms because Pat was unable to attend the meeting.

Juhelia shared that all three break rooms should be different.

Rebecca revisited the Biggest Loser Contest and the other initiatives for the upcoming event. Hella suggested two separate weigh-ins for those that want to lose weight, and one for those who want to be healthier and get moving by counting steps.

Rebecca motioned to adjourn the meeting.