

# Wellness Committee

DATE/TIME/ROOM:            January 7, 2019                    2:30 p.m.                    217 Conference Room

## Present

Pam Downing 😊

~~Michelle Martin~~

Chasity Love 😊

Cindy Morris 😊

Lyna McKinley 😊

~~Emily Hassan~~

Maurice Harden 😊

## Aim

*To ensure the health and wellness of the staff and students at The Greene County Career Center.*

## Agenda

### 1. EPC Update

- Weekly emails- Lyna
- Choose to Lose: 1/14/19 - 2/11/19- Last day to register is 1/14
- Currently at ~~16%~~ **17%** of our goal

### 2. Wellness money- \$2600

### 3. Taste of Red- **Pom Seeds, Chocolate covered Strawberries and roasted red potatoes on Valentine's Day**

### 4. Dance Party- **Not really possible**

### 5. Chair Massages- **Doing it!**

### 6. New Ideas- **Walking challenge between labs?**

### 7. Member Input- **Taste of Green with Kale Chips, Green olives, kiwi, collard greens**