

Wellness Committee

DATE/TIME/ROOM: February 4, 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. Wellness money- \$2600- about \$900 for massages = \$1700- After chair messages on the 11th, our balance will be \$1700 to spend on staff and students.
2. Taste of Red- Scheduled 2/14- Chocolate dipped strawberries, roasted red potatoes and Pomegranate seeds (Pam) for the students on Valentine's Day.
3. Chair Massages- Scheduled 2/11
 - Who can bring in ambiance?
 - Lamps? Michelle will bring light
 - Music? TV will play music
 - Essential oils? Cindy will bring
4. Patchwork Garden- Healthy fruit and vegetable delivery service. Produce is chemical free. If enough people order, they will deliver to the Career Center for free.
5. Dayton Sports Medicine- Want to come in to create posters individualized per program to teach students how to stretch effectively for the lab they are in.
6. New Ideas? None
7. Member Input- None