

# Wellness Committee

DATE/TIME/ROOM:

March 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- \$1981.22 as of 2/27/19-Maurice suggested an additional day of chair massages. Phone conference was had with Melanie Redd, a coach a CJ who offers a virtual training platform (app similar to Facebook) that offers weekly exercises, meal plans and health and wellness tips for \$10 a month per person.
2. EPC Update- As of 1/31/19, we have had 28 people complete their EPC. We need 35 to get 50% of our wellness money and 51 to get 100% of our wellness money. Pam will now start reminding Social Studies Dept. Maurice will remind Tyler. Cindy will remind Intervention Specialists. Chasity will remind 300 Hall. Lyna- English Department?
3. Taste of Green- Scheduled 3/20-Kiwi, guacamole and tortilla chips, collard greens or cabbage or kale chips
4. Chair Massages- Huge success!! Yay! We look forward to doing them again!
5. Summary of this year's wellness events-We did a Taste of Fall, Taste of Red, Taste of Green, Chair Massages, EPC wellness workshops and challenges, Monthly wellness tips, Meditation, Tape Golf, Patchwork Farms
6. Ideas for next year-Potty Times, Walking Map of the building, more chair massages, Taste of..., Smoking Cessation classes
7. Member Input-Chasity would like to send out a survey to staff asking for their input on wellness ideas