**Wellness Committee Meeting Two**

**Date**: Thursday, May 28th, 2015 at 8:30am

**Location**: Conference Room 369

**Attendees**: Karla Pacheco, Candace Quinlan, Andrea Klooster, Nick Soave, Lindsay Meldrum, Carrigan Cassidy, MaryAnn Mommersteeg, Robin Kirk.

**Meeting Minutes**

1. **Programming for End of Fiscal**:
2. Big Bike has been booked for June 23rd at 5:00pm at Station Park Hotel & Suites. Our name will be the USC Titans. We raised $1300.00 to donate to the Heart & Stroke Foundation. We have raised a total of $2150.00 over the last two years. Great work USC!
3. Walking Group will commence in May and the first walk will be led by Scott Courtice. Option to provide snacks prior to the group leaving since it is over the lunch hour.
4. Pedometer Step It Up Challenge, we already have 36 individuals who have signed up to participate and are interested in ordering a pedometer from the Wellness Committee. This challenge will commence on June 1st and distributed on Friday. There will be a $10.00 fee associated with the pedometer and the Wellness Committee will be subsidizing the rest of the cost.
5. Wellness Survey results, overall staff members believe their health to be good. Some challenges to think about when offering programming is that individuals find it hard to step away from their work-space during the lunch break and prefer to eat at their desk. Also, they stated that the times of the initiatives were not convenient for them to attend. The positives to take away from the survey are that over 65% of individuals participated in the wellness program and wellness bingo card last year.

Take-away from the survey are: individuals who stopped participating felt they did not start the bingo card on time and felt they were too far away from reaching the incentive. The Wellness Committee has implemented a solution by offering coupons and prizing throughout the year to offer to those who are unable to complete the bingo card. Our corporation felt yoga, healthy potlucks (salad, smoothie, etc), Big Bike, walking group, intramurals and the Wellness Fair were valuable programming from this past fiscal. We are implementing similar programming by also offering a variety of new programming this year.

We are offering a new intramural sport this year, cooking classes, yoga (meditative as well as classes), walking group, Couch to 5K runs, and book club as described in the survey.

1. **Incentive Programming for this Year:**

Offer incentives which are tangible and reward the individual with each activity they participate in as well as offer the stamp wellness bingo card as a final standard to meet. The idea is to offer a Fitbit prize for the individual who participates in the Pedometer Step It Up walking challenge. Their name will be drawn in the week after the challenge closes and they will choose the Fitbit of their choice.

Next, we will offer programming such as coupons or prizing, such as a cooking book if you participate in the cooking classes throughout the year. This will allow for those not interested in participating in the bingo card incentive to still participate and be awarded for their hard work.

The Wellness Bingo Card will remain with a completion of 50 stamp opportunities throughout the year such as intramurals, healthy eating, yoga and contests. This Program is to award those who would like the extra $25.00-50.00 on their wellness benefit.

1. **Programming for 2015-2016:**
2. Summer Yoga with Prana: there will be two meditation sessions offered on July 22nd and August 19th for thirty minutes.
3. Couch to 5K Run: this will be offered every Tuesday after work at 4:30pm. It is a 10 week program so we will assess to see if participants are interested in participating in the Western Terry Fox run on September 20th. This program requires three runs a week, one as group and two independently.
4. Dragon Boat will be in the last quarter to determine if we have enough participants to compete in 2016.
5. Cooking classes: we will go with Roma as there are no minimums and this is the least expensive option. We will offer up to three cooking classes throughout the year.
6. Bubble Soccer: we have booked BubbleUp London for our staff event on July 30th.
7. Intramural Sport team: during our salad day in August we will have a sign-up sheet for individuals interested in the top sports listed in our survey.
8. Vocal Workshop: need to look into the cost, interest and availability.
9. Massage, acupuncturist (Nicole Rush was too expensive), osteopathic providers.
10. Dance: look into costs and availability throughout the year.
11. Extreme Warrior Challenge: look into for next year’s wellness.
12. **Outline for each month:**

***June***: strawberry & yogurt breakfast, Big Bike (June 23rd), Step It Up pedometer challenge and walking group.

***July***: Bubble Soccer (July 30th), Re-boot yoga (July 22nd), Couch to 5K and veggie day.

***August***: Re-boot yoga (August 19th), salad day (August 13th), intramural sign-ups, Fitbit winner announced.

***September:*** sign-up for Intramural sports team (deadline September 2nd), Terry Fox race, and cooking classes.

1. N**ext Meeting:**

Next meeting will be taking place on August 28th at 12:00-1:00pm in conference room 369 to determine programming for September- January.