**Wellness Committee Meeting Three**

**Date**: Friday, August 28th, 2015 at 12:00-1:00pm

**Location**: Conference Room 369

**Attendees**: Andrea Klooster, Tanee Edwards, Robin Kirk and Cassandra Rodenhurst

**Meeting Minutes**

1. **Programming from First Quarter (June- August)**:
2. The Big Bike which took place on June 23rd was a huge success for the Wellness Program and the charity we were donating to. The Heart & Stroke wanted to thank us for all our hard work and have donated a $100 gift card to Spork Chek as a thank you to the University Students’ Council. They also hand delivered a thank you and informed us that we were one of the biggest donors this year, raising $1300 and an overall of $2150 since joining last year. Great work USC!
3. Step it Up Challenge winner: Maja Anjolie-Bilic. The winner was drawn during Town Hall and Maja has chosen her Fitbit of choice, which will be delivered to her the last week of August.
4. Couch to 5K: we have decided to end the 10 week program at the ten weeks and not participate this year in the Terry Fox run as participants are unable to attend.
5. Intramural Update: the intramural sports team for Fall 2015 will be Basketball. We have a full roster with ten participants. They have will be paying a fee of $40.00 to participate over the course of four months, September 15th-December 15th. The team captain will be Lindsee Perkins and they will play every Tuesday evening. They have also agreed to purchase team gear, which the Wellness Committee will help to subsidize.
6. Goodlife Award update: the written and video submission is due on October 16th. The Promotions department has captured footage over the last four months and will have our video completed in the first week of October. We should find out the first week of November if we are the lucky winners of this award.
7. **Incentive Programming for this Year:**

During this quarter we will be focused on offering stamp opportunities so everyone can reach the 50 bingo squares by May. We will also be drawing for the $100 Sport Chek gift certificate during our photo contest in September.

The Wellness Recognition Award will actually be switched to Wellness Recognition Reward given out throughout the year. This will be random draws at various events held by the Wellness Committee throughout the year for all those participating in the event. It will be random and only offered to the individuals taking part in those initiatives. The winner will be drawn the same day and will win various prizing (coupons to the Spoke, etc.).

1. **Programming for the Second Quarter:**
2. Yoga: regular hour-long yoga will be starting up again on October 13th (refresher class) until December 15th. We are looking into switching this up for the winter as the summer re-boot sessions were well received with the shorter thirty minute sessions and restorative features.
3. Meditation Sessions: with yoga sessions starting up in October, we will offer a decompression room for staff to escape to over their lunch to regroup. This will be in conference room 370, with the lights off, refreshing music playing and apples to recharge.
4. Healthy Breakfast: offering staff during the busy month of September a good hearty breakfast to get through their day. Since it is almost the Fall season, we will base the breakfast on yogurt, apples, granola and fruit with cinnamon to top.
5. Cooking classes will begin in October after Thanksgiving with Aroma Restaurant. A fee will be associated with participating.
6. Last walking group before winter and photography club combined to take photos during these walks.
7. Healthy recipe swap in October after Thanksgiving. This recipe swap will be combined into a newsletter to send out to staff to offer ideas on what to do with leftovers or healthy meals after the holiday food overload.
8. Healthy potluck in November whereby everyone participates at the USC.
9. Offer the opportunity for staff to submit healthy holiday recipes and general every day and they will be combined into a staff cookbook to be handed out prior to everyone going off on holidays.
10. Book Club: start will commence in January. First need to decide book club criteria, various facilitators, and if book is determined ahead of time.
11. Smoothie Day in January to help recharge and de-toxify after the holiday season.
12. **Outline for each month:**

***September***: Basketball Intramurals (begins the 15th), healthy breakfast (9th), photo contest for $100 Sport Chek gift card (28th-9th), decompression room (23rd).

***October:*** Yoga (begins on the 13th), Aroma cooking classes, photo contest for being active (winner of $100 Sport Chek announced in second week).

***November:***  Yoga, healthy potluck, recipe swap & newsletter, staff cookbooks.

***December:*** Yoga, staff cookbook, intramural comes to an end.

***January:***  Re-boot yoga, smoothie day, Book Club.

1. **Leaders:**

Yoga: Cassandra

Intramurals: Lindsee & Karla

Intramural T-shirts: Aaron & Mike

Healthy Breakfast: Andrea & Cassandra

Photo Contest for $100 gift card: Tanee & Cassandra

Decompression Room: Cassandra

Couch to 5K: Karla

Cooking classes at Aroma: Lindsay

Fall Walking Group: ***Any volunteers?***

Photography Club: Aaron

Recipe Swap & Newsletter: Robin & Tanee

Staff Cookbooks: Tanee & Robin

Healthy Potluck: MaryAnn

Book Club: Kevin

Smoothie Day: Karla, Andrea & Cassandra

* Stamps will be offered for all the initiatives listed above. Intramurals participants will be given 10 stamps for participating and each activity mentioned will be worth 1-2 stamps overall with an extra stamp for the facilitator.

1. N**ext Meeting:**

Next meeting will be taking place in January once we have returned from holidays to determine programming for January- May 2016. Keep an eye out for this email being sent out the first week back.