

WHAM Meeting Minutes

8/22/19

Present: Kelly Fang, Tracy Arndt, Jason Dempster, Connie Karlen, Steve Murray, Kelly Borke, Stephanie Alden, Annie Mc Burney

Agenda:

1. Minute Taker – Tracy Arndt
2. Fall Classes
 - a. Offerings: Boot Camp, Circuit Training, Mindfulness, Monday Yoga with Devavani, Wednesday Yoga with Ariel, Gentle Yoga with Ariel
 - b. Registration tentatively begins Aug 26, may have a day delay due to restructuring of class length and cost.
 - c. Discussion on student participation and pricing resulted in a consensus to remove the student option from the drop down menu.
 - d. Discussion on minimum participant requirements resulted in a consensus to keep all classes regardless of enrollment to be fair to the instructors, but possibly drop classes in the next session based on poor enrollment.
 - e. Discussion on changing length, and pricing of classes resulted in agreement to offer semester sessions, with Kelly F and Annie to work out the pricing. Also discussed possible option of a 2 class per week with the participant able to choose which day/class. Could only mix and match Boot Camp with Circuit Training, and possibly Yoga with Mindfulness. Potential problems could be a class occasionally ends up to be too large.
3. Website review discussion resulted in agreement to merge the WHAM website with the ES website. WHAM will still be searchable and linked to Kelly F's Wellness & Well-being. Annie will do a mock up for a final review at the next meeting. Contacts and programs will also be updated.
4. Budget review included streamlining some processes, and adding activity codes to expenses to be able to monitor expenses by program.
5. Fall Lunch & Learn dates booked for next year: 9/18, 10/23, 11/13.
 - a. 9/18 will be put on by the MN Safety Council on the new Hands Free law.
 - b. Steve will order the food and provide training for Annie and Randi.
 - c. Jason will research cheapest compostable plates etc...options.
 - d. The reminder email for the Lunch and Learns will include a request to bring your own water bottle.
6. Blood Drive
 - a. Monday September 23rd
 - b. Steve to send out a Google signup for volunteers
 - c. Steve to provide "content" to document services for the table tents, and Stephanie will reserve the table tents
7. Flu Shots
 - a. Wednesday September 25th
 - b. Volunteers are Tracy , Kelly B, and Kelly F

8. Wellness 5k
 - a. Saturday October 12th at 9am
 - b. Volunteers so far are Tracy, Kelly B, Steve, and possibly Kelly F
9. WHAM logo change discussion was had to follow the new college branding, no final decisions were made