

# WHAM Meeting

Thursday, January 23, 2020



## Attendees:

- |  |                  |                   |   |
|--|------------------|-------------------|---|
| ✓ Kelly Fang                           | ✓ Jason Dempster | ✓ Lisa Broek      | <input type="checkbox"/> Steve-Murray   |
| <input type="checkbox"/> Connie Karlen | ✓ Susan-Fox      | ✓ Kelly Borke     | ✓ Wayne Glass                           |
| ✓ Tracy Arndt                          | ✓ Randi Hartman  | ✓ Stephanie Alden | <input type="checkbox"/> Annie McBurney |

**Minute taker:** Tracy Arndt

## Agenda

### Lunch and Learns

- February 6: Self Care & Technology by Julia Hutchinson, HWC
  - 25 Registered
  - Lunch order by Annie & Randi - [Food will be from Monkey Temple](#)
  - Volunteers to help with set-up and clean-up: [Stephanie & Tracy to help w/setup, Lisa w/Cleanup](#)
- March 25: Erin Walsh from the Spark & Stitch Institute
  - Discuss topic options [I Brain-Learning in the Age of Distraction was agreed upon from the list from Spark & Stitch and Institute](#)
- April 29 options:
  - Attunement with Kris Nourse
  - Seasonal Cooking- Jeanette [Cooking w/Jeanette was chosen for April, Kelly F to get some topic ideas from Jeanette. Also decided to adjust the calendar reminders for Lunch and Learns to notify 15 minutes out as opposed to 10.](#)
  - Other ideas?

### Spring Classes

- (Randi) Registration numbers: Total = 48
    - Circuit Training [3-3](#)
    - Boot Camp [1](#)
    - Flex [9](#)
    - Monday Yoga [8](#)
    - Wednesday Yoga [7](#)
    - Mindfulness Class [4](#)
    - Mindfulness Retreat
    - Thursday evening Yoga [9](#)
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- Friday Gentle Yoga 0
- Friday Dance Cardio 3
- Registration deadline is Wednesday, January 29; Classes begin Feb. 3
- Annie/Randi/Jason - free week-long class pass/coupon for new staff and faculty
- Future consideration: Allow flex for all CT and Boot Camp participants and offer a 2, 3, or 4 class per week price option. It was decided that this option is too complicated, and not cost effective
- Revisit purpose of having instructors take attendance in Spring Semester It was decided that there is probably not enough need for this information, but we should consult Steve for his input

## Well-being Program & Wellbeats Kick-off Communications

- 159 Health assessment completed 19%
- 94 Enrolled in 1st activity; 39 Completed 1st activity 10k steps is the most popular
- Show Valentine's Day communication
  - Looking for volunteers to help distribute to mailboxes on campus It was decided to use mailing services to distribute, but need volunteers to attach labels (Dept and EE name) along with a piece of chocolate. Kelly F will look at calendars to determine the date , most likely the week of Feb 2

## January Thaw Recap

- **Fitness:**
  - Intro to Wellbeats: Yoga & Mindfulness Demo - 9 Demo went well, however there are some glitches with mobile devices which sometimes give error messages. You need to download the app, but then access thru Health Partners website
  - Intro to Wellbeats: Strength & Cardio Demo - 5
  - Intro to Wellbeats: Pilates & Zumba Demo - 10
  - WHAM's Free SomaYoga Sample class with Ann Blackburn - 14 The Soma yoga quite different than regular Yoga. It was decided that we need to have a survey after the class to see if people like it
- **Nutrition:**
  - Small Changes Add Up: Cooking demo and tasting with Kelly & Chef from Bon Appetit - 10
- **Life Satisfaction/Emotional Well-being:**
  - QPR Training
  - Stress Management for Managers: Employee Stress - 11
  - Zero Waste and Low-Impact Living - 10

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**Budget Update (Randi)** We are on pace to go over budget. Class revenue does not cover the cost of the instructors. The biggest deficit is with the mindfulness class, so it was decided to increase the price of the class. Randi will look at the numbers to help us determine how much to increase. We anticipate breaking even by the end of the fiscal year.

## Any New Business

Chautauqua (Confirm dates: May 18 - 22)

- Tentatively booked two DIY classes with Zero Waste St. Paul
  - DIY cleaning products and DIY personal care products (deodorant, face wash, tooth powder, dry shampoo, chapstick)
  - \$100 instructor fee for each two-hour class
  - \$5-7 supply fee per person (covered by WHAM or paid by participants) **It was decided to charge participants the supply fee and make it non-refundable, due to our budget issues**

Tabled items to come back to later **No discussion on this topic**

- T-Shirts
  - Sell or give-away t-shirts that allow participants to identify with this part of the Mac community that they feel proud and happy to be apart of: "Mac Boot Camp", "Mac Circuit Training", "Mac Yoga", "Mac Fit Staff/Faculty"
  - Could allow participants to earn it as a reward for attending X number of classes/sessions

**Proposed Next Meeting Date & Agenda Items:** **No discussion on this topic**