

WHAM Meeting



MACALESTER

Tuesday, 9.17.19

Attendees

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

Agenda

Fall Classes

- Review class enrollment numbers from 2018, 2019
 - Fall 2019. All classes have at least 10; most have more than 15. 96 enrollees total.
- Current Participation numbers in standard, flex and semester pass
 - Standard Pass = 6 weeks of either Boot Camp or Circuit Training
 - Semester Pass = Enrollment includes entire semester (12 weeks)
 - Flex Pass = Can attend 2 sessions of either Boot Camp or Circuit Training
 - Flex Pass enrollees = 17. Semester pass = 7
- Received two requests to bring Zumba back

Fall Lunch and Learns

- September 18: MN Safety Council on new Hands Free law
 - Registration numbers: 25
 - Lunch order by Steve Murray. Ordered from Shish
 - Compostable dishware: from Employment Services.
 - Compostables, water pitchers and ziplocks to be ordered by Annie; will be stored in Library LL (see Connie Karlen)
- Brainstorm Topics/Speakers for October 23 and November 13
 - Self Care & Technology by Julia Hutchinson, HWC - Jason will check w/Julia
 - Disability Services at Mac
 - Seasonal Cooking
 - Emotional Health, Chris Nourse - Connie will check w/Chris
 - Seasonal Affective Disorder (SAD) - Kelly Fang to check w/HealthPartners

Blood Drive

- Monday, September 23, 11 a.m. to 5 p.m.
- Volunteers: ?? Checking w/Steve

Flu Shots

- Wednesday, September 25, 8 to 11:30
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- Volunteers: Lisa and Kelly B 7:30-8:30; Wayne & Connie 8:00-10:30; Kelly F and Tracy 10:30-11:45

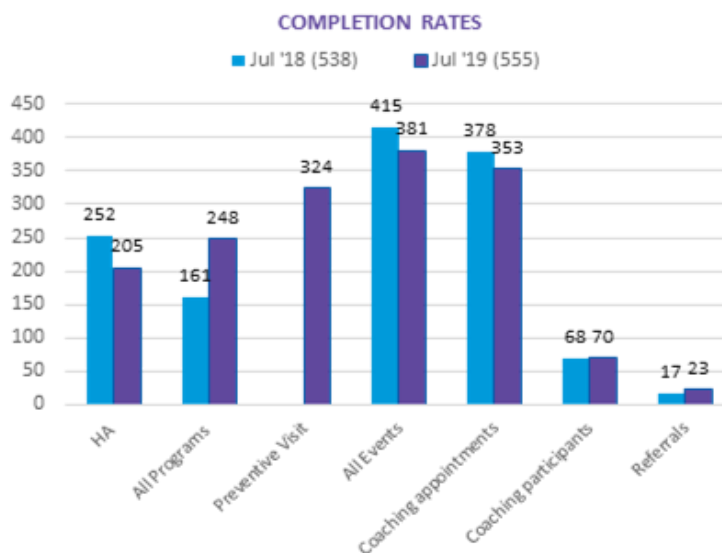
Wellness 5K

- Saturday, October 12 at 9 a.m.
- Volunteers: Kelly F-food, Kelly B-food, Steve-finish line, Tracy-finish line), Connie-food,
 - Volunteers arrive at 8:15
 - Cross Country runners will staff the route/corners
 - More prizes needed; to be purchased by Lisa. Will spend up to \$500.

Benefits Fair

- Wednesday, October 30 from 10 a.m. to 3 p.m. in Weyerhaeuser Boardroom and Lounge
- Give away at WHAM table:
 - Socks?
 - Stainless steel straw with colored silicone tip, cleaning brush and bag (\$2.06 for 250 = \$515) - Kelly Fang will order.
- Need 5 volunteers (1 per hour) to staff table with Kelly F. Kelly will email a call to volunteer.

Health Assessment and Well-being Activities



- Deadline for Health Assessment completion is Oct 31, 2019
- Jason will email: next year, spouses will be added to the assessment/incentive program. Thoughts about how to engage them.
- Will be reviewing health assessment results at next meeting, Oct 10

New Business

- Merge of WHAM and Well-being websites/branding - once merged, we'll review

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- New logo samples - revisit, with WHAM and Wellness & Health at Macalester
 - Looking to build an image gallery - need photographs of each event and class

Next Meeting Date & Agenda Items

- October 10, at 10:00 a.m.: Health Assessment Summary Results with Blake Wise from HealthPartners

Tabled items to come back to

- Offer a 1 day or 1 week free trial to participants that are curious about the classes but don't want to commit until they've tried it (because no refunds are given after the first class)
 - Participants could register online for their "free trial" and we could pass their name on to the instructor
- 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
- Hold focus group meetings once/twice a year to seek out fresh ideas and feedback