

WHAM Meeting

Monday, 11.11.19

Attendees:

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|-----------------|------------------|-------------------|------------------|
| ✓ Kelly Fang | ✓ Jason Dempster | ✓ Lisa Broek | ✓ Steve-Murray |
| ☐ Connie Karlen | ✓ Susan-Fox | ✓ Kelly Borke | ✓ Wayne Glass |
| ✓ Tracy Arndt | ✓ Randi Hartman | ✓ Stephanie Alden | ✓ Annie McBurney |

Minute taker: Kelly Fang

Agenda

Blood Drive

- Recap from Steve: **correction: 66 pints collected and 77 signed up to donate**
- Do we want to continue to do the blood drive?
 - Decided not to continue WHAM blood drive because Macalester First Aid is coordinating a couple each year for the Mac community.
 - Steve will follow up with Red Cross to let them know

Fall Classes

- Registration numbers for Session 2: **Break even is 14 for most classes, but our minimum for registration is 10.**

Session 2 Breakdown			
Class	Standard	Flex	Total Attendees
Circuit Training	10	5	15
Boot Camp	11	12	23
Yoga M	13		13
Yoga W	13		13
Gentle Yoga	11		11
Mindfulness	16		16
			91

Spring Classes

- Not going to offer Zumba, Pilates for spring. Just stick with new evening yoga.
- Ann Blackburn, Certified Yoga Therapist and Owner of Tula Yoga and Wellness will be the instructor for the new 4:45 Thursday class. Sample class will be offered during January Thaw so people can try a class with her.
- Do we want to require a "Register by: date"
 - Annie - Jason recommended we send an email to all current participants when the next session's registration is open and encourage them to register by the Friday before classes begin.
 - Annie - Update Marketplace to say that classes will be cancelled and refunds given if they don't get enough participants.
 - Annie/Randi/Jason - A few months after new staff/faculty go through orientation, offer them a free week-long pass/coupon to try WHAM classes during the first week of a series in hopes they will register. Will need to notify all instructors about the process.
- Offer a semester long flex pass?
 - Steve - Talk with Taylor about how it's going with the flex pass
 - Future - Ask instructors to start taking attendance in Spring Semester
 - Future - Consider just allowing flex for all CT and Boot Camp participants and offer a 2, 3, or 4 class per week price option.

Lunch and Learns

- October 23: Seasonal Affective Disorder with Mary Holland from HealthPartners Behavioral Health:
 - 28 Registered
 - Feedback on lunch from Everest on Grand: [Great and affordable](#)
- November 13: Self Care & Technology by Julia Hutchinson, HWC
 - 43 Registered
 - Lunch order by Annie from: [Tilly's Farm House](#) for soups, salads, sandwiches. Less than \$8 per person.
 - Volunteers to help with set-up and clean-up: [Tracy, Jason, Randi, Wayne, Stephanie and Steve](#)
- Spring 2020 options:
 - Attunement with Kris Nourse
 - [Parenting Coach](#)
 - This was not discussed at the meeting, but Kelly reached out to two parenting coaches who work close to Mac. Price is over \$300 for a 1-1.5 hour workshop, but may be negotiable. Kelly will reach out to a few clients to see if this is someone they would be interested in learning from.
 - Disability Services at Mac

- Wayne heard Melissa present at an Allies event and it was very good. Ok to repeat that session because WHAM gets a bit of a different audience.
 - Would want Melissa to be a little more broad and focus on parents, kids. or friends with disabilities for those who don't work with students.
 - Jason will reach out to Melissa for the February 6th L&L date.
- Seasonal Cooking- Jeanette will know more about her availability after December

January Thaw

Ideas in the works:

- **Fitness:** Wellbeats Demo Workouts, Yoga Sample class with Ann Blackburn
- **Nutrition:** Cooking demo and tasting with Kelly & Chef from Bon Appetit
- **Life Satisfaction/Emotional Well-being:** EAP Seminar, Community Ed
 - Lisa will offer another QPR training
 - Wayne is interested in partnering with Kelly and Lisa for a session on Resilience
 - Top EAP choice was: Stress Management for Managers: Employee Stress
 - We can offer another one during Chautauqua and possibly turn to EAP if we can't find a Lunch and Learn speaker.

Benefit Open Enrollment Meetings & Benefits Fair

- Any feedback, buzz, questions about the new benefits, incentives or adding spouses to our wellness program?
 - Kelly and Jason have heard good feedback so far. No one seems upset about the spouse being required to participate in order to receive the incentive.

Any New Business

- Working with Mindfulness instructor, Jane, to offer a couples/partner retreat in February on a Saturday.
- What about the idea to offer a couples/partner workout with Taylor
 - Kelly will ask Taylor about a one-time Saturday partner workout to test it and see if there's interest.

Tabled items to come back to

- T-Shirts
 - Steve to check into cost so we can see if the budget allows us to purchase t-shirts in the spring.
 - 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"

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- Could allow participants to earn it as a reward for attending X number of classes/sessions

Next Meeting Date & Agenda Items

- Tuesday, December 10, 2019 at 9:00 a.m.