

WHAM Committee Meeting



Thursday, September 17, 2020

Attendees: (right click the box to change it to a check mark)

Minute taker: Tracy

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|------------------|------------------|-------------------|----------------|
| ✓ Kelly Fang | ✓ Jason Dempster | ■ Lisa Broek | ■ Steve-Murray |
| ✓ Dylan Walker | ✓ Susan-Fox | ✓ Sarah Schmidt | ✓ Tracy Arndt |
| ■ Annie McBurney | ✓ Randi Hartman | ✓ Stephanie Alden | |

Agenda

Activity Classes - Using Zoom

- Fall Session 1: September 14 – October 23
 - Yoga Monday: 14
 - Mindfulness: 13
 - Boot Camp: 11
 - Circuit Training: 9
 - Dance Cardio: 9
 - Yoga Wednesday: 9
 - Yoga for Anxiety Management: 8 - Cancelled **Will offer a free one time trial in Oct to create interest.**
- Fall Session 2: November 2 – December 11
 - Should we bring back the Flex option for CT and BC to allow for more flexibility? **Decided to offer the flex option, \$40 for any two classes. Discussed having people sign in to chat for attendance, but ultimately decided that it is most likely not a problem of people attending more classes than they should.**
 - Request to have BC recorded and sent to participants so they can do it later if there's a conflict. **Taylor already does this. Add a reminder to indicate via Google calendar if not attending, so Taylor knows who to send the recording.**
 - Because of many conflicts for faculty over the lunch hours: request to offer a CT or BC class in the AM or late afternoon. **Decided to advertise that you can receive a recording of the class to do at a later time.**

Lunch and Learns - Using Zoom

- **Wednesday, October 21, 2020**
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- TBD: Rebeka Ndosu, alifeinpractice.com
- Workshop topics:
 - The Revolution Starts from Within: The Urgency of Self-Care in Today's World We agreed this topic sounded the best. Kelly to find out if can be done in one hour.
 - Healing from Trauma: Tools for Transformation
 - You Teach Who You Are: Inner Work for Educators
- Wednesday, November 18, 2020
 - Looking for speaker ideas Kelly would like everyone to submit topic ideas as well as a speaker by end of day 9/21. We have 4 open slots to fill.
 - Would love to line some up for 2021 too

Other Upcoming Events

- Flu Shot Clinic
 - Monday, September 21 from 8am to 12:30pm in CC 207
 - Almost full so we're not allowing walk-ins Now full. Decided not to worry about lining people up by appt time, just remind them to keep 6 feet apart.
- Mammo a-go-go
 - Wednesday, September 30 from 1pm to 5pm near Jan Wallace Fine Arts
 - Scheduling by phone is strongly encouraged but walk-ins welcome Instructions will be on the outside of the truck. Kelly will let Safety and Security(Bill) know when the truck will be on campus.
- Wellness Virtual 5K
 - Saturday, October 12 Students, Faculty and Staff.
 - Submit time for t-shirt Sarah suggested a donation in lieu of a T-shirt. Kelly will talk to Lisa to see if she agrees.

Budget Update (Randi)

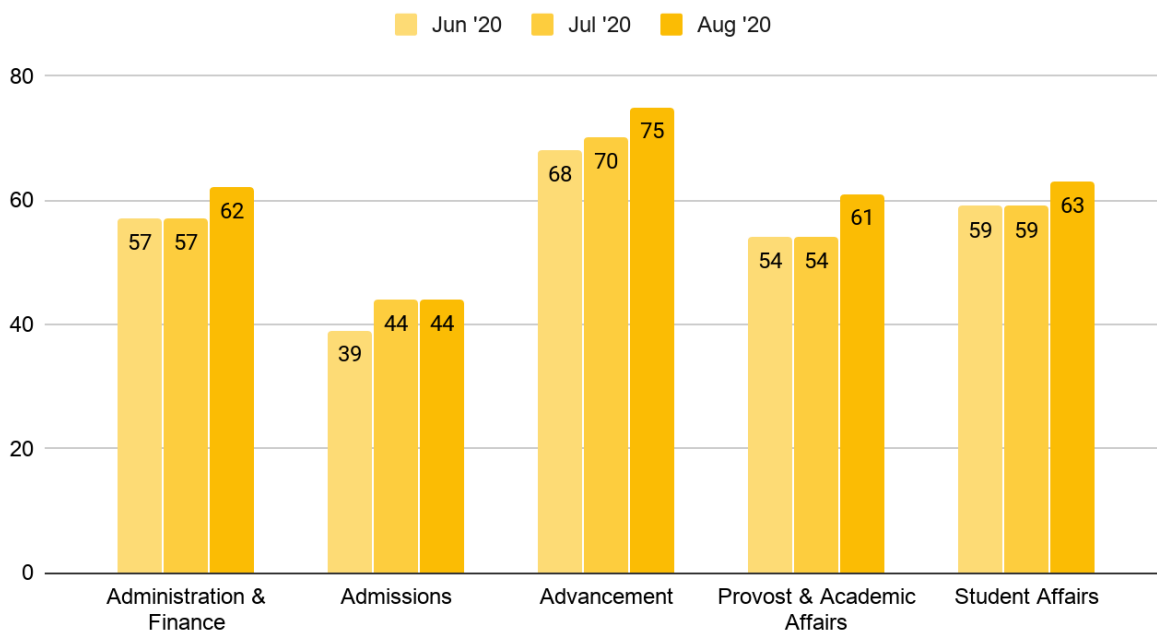
To date: Revenue \$6,000, Expenses \$2,900

Future instructor fees are \$1,400, 5k \$300

Well-being Program Update

Numbers going up slightly

Percentage of Activity Completion by Division



- Overall we had a 2.5% increase in health assessment participation this month, and we are 12% higher than this same time last year (51% vs. 39%).
- We had almost a 10% increase in those who enrolled in their first activity this month and a 6% increase in those who completed their first activity.
- Admin and Finance, Advancement and Academic Affairs all had a 5% increase or more in activity completion this month.
- I presented to three different teams within Admissions in the last month so I hope to see their numbers go up next month.

Proposed Next Meeting Date & Agenda Items:

- Wednesday, October 14th at 9:00 am