

WHAM Committee Meeting



Wednesday, March 10, 2021

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

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|--|--|--|--|
| <input checked="" type="checkbox"/> Kelly Fang | <input checked="" type="checkbox"/> Jason Dempster | <input checked="" type="checkbox"/> Lisa Broek | <input checked="" type="checkbox"/> Steve-Murray |
| <input type="checkbox"/> Dylan Walker | <input checked="" type="checkbox"/> Susan-Fox | <input type="checkbox"/> Sarah Schmidt | <input checked="" type="checkbox"/> Tracy Arndt |
| <input type="checkbox"/> Annie McBurney | <input checked="" type="checkbox"/> Randi Hartman | <input type="checkbox"/> Stephanie Alden | |

Minute taker: Kelly Fang

Agenda

Activity Classes - Using Zoom

- **Spring Session 2: March 22 – April 30**
 - Registration open from: March 8– March 17
 - Devavani is available this session so we added her Yoga class back in. We'll just have to pay attention to enrollments to see if all the yoga classes get enough people.
- Question was raised about whether we should offer more than our usual two classes for summer session since there will be a 5th module
 - Could possible survey the other classes like Dance Cardio to see if they'd be interested or just open all the classes and be willing to cancel those that don't get enough participation
 - Registration for summer opens May 3, so we should discuss mid-April and contact instructors/participants as needed.

Lunch and Learns - Using Zoom

- **Feedback from the Lunch & Learn on Stress, Mood & Immunity:**
 - *"I wanted to thank you for sharing the link to this Lunch & Learn. Finally had a chance to watch it today and it was fascinating and informative, and gave me a few new practical insights."*
 - *"Thank you for organizing the session yesterday! It was very informative and approachable."*
 - *"Thanks so much. I really enjoyed the speaker's knowledge, energy and enthusiasm!"*
 - **Feedback from the Lunch & Learn on the COVID 19 Vaccine:**
 - *"Thank you! That was such a phenomenal session!"*
 - **Wednesday, March 24**
 - Transforming your Life through your Space: Using your home as a tool for well-being with Susan Shehata
 - [Register here](#) if you haven't already
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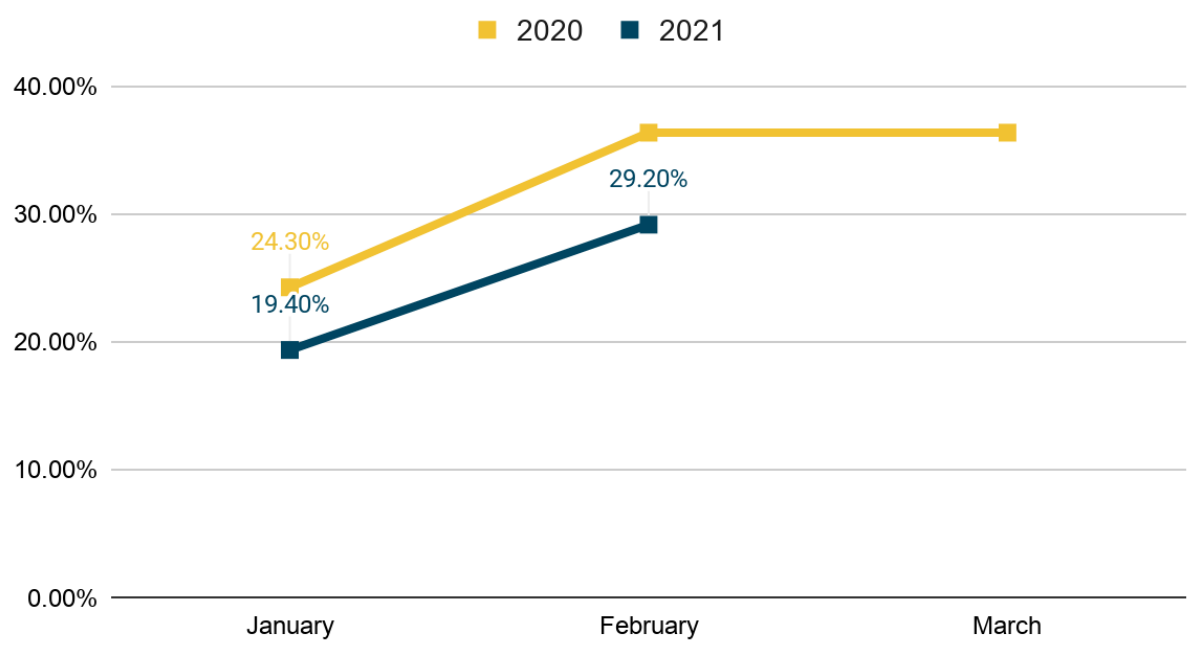
- **Wednesday, April 28**
 - Use Dylan's connections to the community garden in North Minneapolis
 - Maybe pair something about vegetable gardening and meal planning with respect to growing produce or using a farm share/CSA
 - [Dylan has a call scheduled with Bex tomorrow to discuss](#)

Well-being Program

- **Facebook Group Coaching wrapped up on February 12**
 - Eleven people registered and 7 of them participated consistently
 - Several of them commented on how they wished it was longer than 4 weeks
 - Some of the participants were already clients of mine, but four of them expressed interest in starting to work with me one-on-one after the completion of the group
 - Out of the 7 who completed the evaluation:
 - 85% reported improved stress management
 - 71% reported increased physical activity
 - 57% increased fruit and vegetable intake
 - Feedback from the evaluation: What was your favorite part?
 - *"Community building and sharing stories of progress, achievements and setbacks. Kelly's prompts were excellent, and her follow up was crucial to keep the momentum going. Wish it was longer!"*
 - You may review the full [Group Coaching Evaluation Results here](#).
- **Home Harmony registration is now open**
 - March 22 – April 16
 - Promoting it in conjunction with the March Lunch & Learn
 - Promoting it as some much-needed spring cleaning for your space, routines, relationships, mindset and habits.
 - Weekly email and newsletter
 - Visit the [Well-being activities page](#) for details

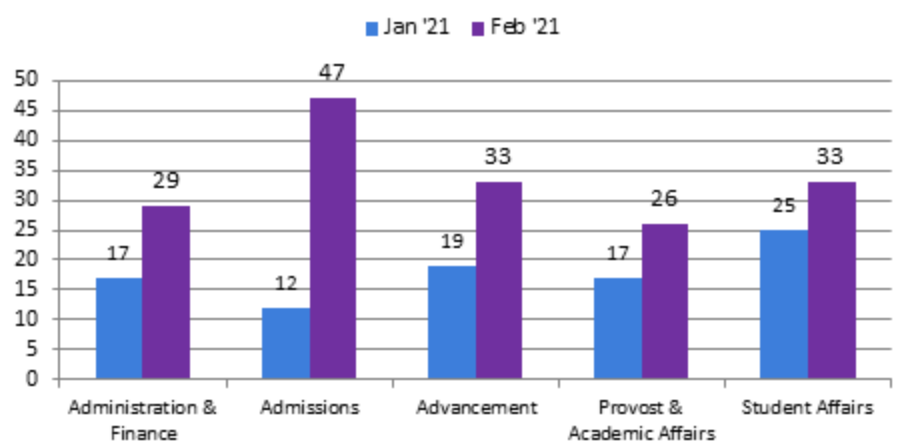
Health Assessment engagement

Cumulative health assessment completion rate



- Steve was planning to promote the health assessment with Athletics, but it's a busy time for them with competitions returning. Plans to talk with them in May, a couple weeks after the end of the academic year.
- Kelly is planning to reach out to different departments this Spring/Summer to present on Burnout and promote the well-being program.

Percentage of Health Assessment Completion by Division



Budget Update (Randi)

Revenue - \$10,915.00

Expense - \$9,035.16

+\$1,879.84

Proposed Next Meeting Date & Agenda Items:

- Meet in April or wait until May?
 - Decided to meet mid-end of April to plan for summer classes
- Chautauqua is back and all virtual this year. Think about some ideas for wellness speakers or workshops that WHAM could host/sponsor.