



# SOUTHWESTERN COMMUNITY COLLEGE

*College of the Great Smoky Mountains*

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## WELLNESS COMMITTEE MEETING

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**12:00 p.m., Tuesday, September 23, 2008**

Bogart's

**Present:** Rudy Beharrysingh, Peter Buck, Tracy Chapple, Stacy France, Erin Kelly, Andrea Kennedy, Annette Kesgen, and Jan Smith.

**Absent:** Bucky Dann, Mike Deaver, Debra Klavohn, Peter Messier, and Diane Page.

### **Update from Last Meeting**

Tracy Chapple announced that funding has been approved for a new treadmill and elliptical machine. Once purchased, the exercise machines will be located in the gym. Chuck Reece is donating a treadmill and Stairmaster to the college; the machines will also be located in the gym.

### **Proposed Programs for Semester**

- “Walk Across the World”: employees will log miles walked/run during semester; track results on the Wellness Committee Web page
- Book Club: *Pain Free*
- “Going Green” Campaign: recommendation for college to begin using non-toxic cleaning and gardening supplies
- “Changing Habits”: Peter Buck would facilitate meetings to modifying addictive behaviors
- Weight Loss Competition: teams compete for most weight lost; ask college to purchase shirts for the competition

Flyers for the Wellness Book Club, Walk Across the World program, and Weight Loss Competition will be available at the Employee Benefits Fair on October 7.

### **Next Meeting**

Tuesday, October 28 at noon.