

Wellness Committee Minutes

09-04-09

Members in attendance:

Annette Kesgen, Rudy Beharysingh, Stacy France, Peter Buck, Dianne English, Dianna Gilbert, Patti Kirkley, and Tracy Chapple

Topics:

Ideas for the current school year

Newsletter

Bookclub

Discussion:

Ideas for the current school year –

Peter Buck is going to continue offering his support for a changing habits (eating, smoking, etc.) group.

Patti Kirkley will be taking over the newsletter – first issue on prevention.

Annette Kesgen will ask Paul Wolf about the prospects of a disc golf course at SCC.

No planned book club.

Weekend hikes starting Sunday September 20 to Deep Creek.

Dianna Gilbert will look into a Weight Watchers program at SCC.

Making SCC a tobacco free campus was discussed at length and it was decided that the committee would try to facilitate this happening. Patti K. and Dianne E. will meet with Chuck Reese to discuss how to proceed. Patti will also research how this transformation occurred at HCC.

Next meeting scheduled for October 23, 2009 at 11:00 in the LRC conference room.