

Wellness Committee Minutes

January 9, 2009

Members present: Annette Kesgen, Peter Buck, Bucky Dann, Deb Klovan, Mike Deaver, Tracy Chapple, Dianne Page, Erin Kelly.

We discussed upcoming plans for the semester and came up with the following calendar of events:

January 22, 2009 – Peter Buck – Changing habits – Student Lounge – 12-1

January 26, 2009 – book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

February 9, 2009 – book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

February 16, 2009 – Stress Management through Meditation and Yoga – Tracy Chapple – Balsam 256 - 12-1

February 20, 2009 – Wellness Committee Meeting – 12-1 – Balsam Lobby

February 23, 2009 – book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

March 9, 2009 - book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

March 16, 2009 – Learned Optimism – Tracy Chapple – Balsam 256 - 12-1

March 23, 2009 - book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

March 26, 2009 – Time Management – Jan Smith and Patty Kirkley – Bradford Conf. Room 12-1

April 9, 2009 – Complimentary and Alternative Medicine – Diane Page and Deb Klovan – Bradford Conf Room 12-1

April 13, 2009 - book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

April 20, 2009 - Complimentary and Alternative Medicine – Diane Page and Deb Klovan – Bradford Conf Room 12-1

April 27, 2009 - book club – A New Earth, Eckhart Tolle – Bogart's - 12-1

Whew!!

Erin will be editing a wellness newsletter and webpage for us (yippee!).

Peter will be adding some dates for Changing Habits Workshops

Please feel free to send Erin good sources for the newsletter and let me know if you'd like to present or sponsor a lunch and learn event.

Thanks,

Tracy