

Wellness Committee Meeting
February 20, 2009
Soul Infusion Tea House

Minutes:

Members present: Peter Buck, Annette Kesgen, Mike Deaver, Erin Kelly (and friend), Stacy France, and Tracy Chapple

Erin had a hard copy of the next newsletter which was looked over and enjoyed by all. Please continue to send Erin any health related information of interest. She would also be interested in any comments about your favorite healthy activity, snack, thought, practice, etc.

Peter's continuing with his group meetings for changing habits.

Tracy led a meeting on stress management though mindfulness meditation and yoga.

The book club is continuing to meet every two weeks to discuss A New Earth. The next meeting is Monday February 23 at noon at the Upward Bound house. So bring your pain bodies and come along.

Tracy's going to check with Deb and Diane on the complimentary medicine meetings.

We did not schedule anymore meetings for the semester.