

Wellness Committee Meeting Minutes

March 24, 2024

In-person, 1 hour

Committee Members

Danielle Calloway (Chair)

Donna Freeman (Well-being Liaison)

Johnna Eaton

Ashley Woods

Brandon Kight

Susan Howell (Wellness Champion)

Casey Fountain*

Casey Dowling *

Theo Howard*

*(could not attend)

1. Welcome to the first meeting.

*Mental Health is important – EAP through Acentra available for all benefited employees.

*Esports for mental health available in IT

2. How to get people involved – Rewards - \$100, sign up on website and Sydney app – This year is gift cards

Activities – Walk and Talk Wednesdays

Vitamin D Fridays – go to games – Baseball/Softball

3. \$10,000 proposal for all USG schools available through the Wellness program, we will apply

*Thirsty Thursdays – purchase infused bottles for everyone

*Sign for the entrance of trails explaining trails

*Goat yoga

*Painting with Desmal

*Stretch breaks in the quad

*1 mile and 5K's

*Meal Prep Monday

*Keep Campus Beautiful Day

*Massages

*Softball Games between staff and students

4. How to rebuild the Wellness Program

*Be involved and get off of islands

*Use trails and upkeep (who does upkeep)

*Disc golf course (who does upkeep)