

Wellness Committee Meeting Minutes

September 11th, 2024

In-person, 1 hour

Committee Members

Danielle Calloway (Chair)

Donna Freeman (Well-being Liaison)

Johnna Eaton

Ashley Woods

Courtney Joiner

Brandon Kight

Susan Howell

Casey Fountain

Casey Dowling

*Theo Howard

*(could not attend)

1. Talked about Zumba. We had 5 people show up for the first class, 2 for the second class, and 1 for the last class. We need ideas to increase class size. We talked about changing the day, but we didn't think the day was much of a problem. We need ideas to increase class size. Some suggested changing the time from 4-5. I talked to Dr. Schechter, and he said that would be fine. We will change the time to see if it helps increase participation. Our goal is to move from the room to the gym.
2. Talked about the hydration stations. We have about 90 people who have done surveys to get their water bottles. We talked about getting the word out to everyone and getting everyone on board.
3. Talked about the walking trails. The signs are in production now. We talked about needing help putting up the first mile and doing a ribbon cutting, hopefully in mid-October. We will continue with the 5K as we get the mile done. We discussed having a Bobcat Dash with a splash Run in November and another in Spring at the family friend's event. That will be a 1 mile and 5K with color stations.