

Wellness Committee Meeting

Minutes: December 6, 2012

River Valley Room 15

Members Present:

Denise Ciciura
Joanne Mitchell

Peggy Collins
Cathy Slee

Melanie Earnest
Erin Szpanski

Mary Gricus

The meeting began at 4:03 p.m.

A. Public Comments

None

B. Review and Approval of Minutes from November 26, 2012, Meeting

Joanne Mitchell made a motion to approve the minutes as presented. Cathy Slee seconded the motion. By voice vote of “aye/nay,” all committee members concurred with the approval of the minutes. The motion passed.

C. January 31st Wellness Institute Planning

Committee members reviewed the tentative schedule of presentations for the institute program and made several revisions. Members decided to wait until the session sign-ups were completed to assign room locations for presentations. Dr. Gricus and Patti McDonald will do the first review of the sign-ups to identify any problems with participant levels, including low or high participation, schedule conflicts, etc. The committee will do a final review at the January 10th meeting.

Committee member Denise Ciciura noted that she and staff member Lisa DeFina would be willing to offer a session about weight training if any of the presenters cancels.

PTO representative Erin Szepanski reviewed plans for providing healthy snacks for the wellness portion of the institute day.

Melanie Earnest made a motion to adjourn. Motion was seconded by Cathy Slee. By voice vote of “aye/nay,” committee members approved the motion. The meeting adjourned at 4:51 p.m.

