



Lemont-Bromberek School District 113A
Wellness Committee Minutes
Wednesday, October 26, 2022
5:15 p.m. – Old Quarry Middle School LRC

I. Call to Order

- A. Roll Call – Members in attendance were Patrick Kerrigan, Dr. Anthony McConnell, Barbara Germany, Heidi Rudy, Tricia Baker, Joe Sweeney, Denisse Murrillo, Theresa Vasvery, and Megan Jones.
- B. Pledge of Allegiance – Dr. Anthony McConnell led the pledge of allegiance.
- C. Approval of Agenda – Approved by unanimous vote.
- D. Approval of Minutes – Approved by unanimous vote.

II. Comments from the Audience

- A. Member of the audience may address the Committee

III. Discussion

- A. EBC Wellbeing Incentive Program
 - Barbara Germany, Business Manager/CSBO, discussed with the Committee the wellness program for District 113A staff and the impacts of this program on insurance benefits.
 - Tricia Baker reviewed the upcoming wellness challenges that staff members can participate in. These challenges are communicated to staff through email.
 - Dr. Anthony McConnell plans to send out a memo to staff regarding the benefits of Teledoc, the Navigate Wellbeing Portal, and the Employee Assistance Program, all of which are available to staff.
- B. Other Agenda Items/Discussion
 - Kate Koch, River Valley Principal, discussed a proposal for a Family/Parent Fitness Night, which would be facilitated by the River Valley physical education teachers.

IV. Advanced Planning

- A Committee meeting will be scheduled to discuss the District's Wellness Plan.

V. Adjournment – Meeting adjourned at 5:45 p.m.