

Wellness meeting January 19, 2021

In attendance: Marci Faber, Jake Johnston, Tracy Kauppi

1. Fab Ab February challenge
2. Marci will put together calendar
3. Set up wellness facebook page
4. Marci will post every morning-google sheet for completion
5. Winner chosen every Monday
6. March-resistance bands videos
7. Marci Order resistance bands, water bottles and monthly prizes-airpods
8. Marci will post new video at the beginning of every week
9. Same google sheet for weekly winners
10. Next Meeting March 17, 2021

Notes:

Erin Ludwig said the Jaycees would donate money for wellness