

Wellness meeting 3/17/2021

In attendance: Marci Faber, Jake Johnston, Tracy Kauppi, Veena Cole, Roni Sisco, Amy Sharrar, Shelby Weber, Kelli Vanblargan and Dan Boyer.

1. We will use the invite calendar and emails for future meetings and new events
2. April-Aggie Fools Bingo challenge?(just came to me last night lol)-Dan will be putting together
3. Tracy will work on the reach out to staff list and May yoga outdoor workout
4. Kelli will work on getting color run information for the next meeting so we can delegate tasks and start a plan
5. Jake will send out wellness videos to staff-the deadline is May.
6. Marci will get Tracy a list of staff to reach out to, look into the videos Katie sent-fitness blender and Hasfit.com-youtube channel-work on a "helpful tip" so our FB page shows up-plus future ideas for next year
7. Roni and Amy work on the walking program-talk with Dan Beckwith about how he did his and some ideas on how we could do this-so we can discuss this at the next meeting
8. Next meeting April 21st right after school.

Events-

April challenge-Bingo

April 21st-Wellness meeting

May challenge-Yoga or videos

September-Community color run

October or spring-Community scavenger hunt

Future ideas:

A Veena and Rod Cole healthy cooking class

A farm stand for community sharing vegetables from their gardens

Summer outings