

WHAM Meeting

Tuesday, 12.10.19



Attendees:

- | | | | |
|---|--|---|--|
| <input checked="" type="checkbox"/> Kelly Fang | <input checked="" type="checkbox"/> Jason Dempster | <input checked="" type="checkbox"/> Lisa Broek | <input checked="" type="checkbox"/> Steve-Murray |
| <input checked="" type="checkbox"/> Connie Karlen | <input type="checkbox"/> Susan-Fox | <input checked="" type="checkbox"/> Kelly Borke | <input type="checkbox"/> Wayne Glass |
| <input type="checkbox"/> Tracy Arndt | <input checked="" type="checkbox"/> Randi Hartman | <input checked="" type="checkbox"/> Stephanie Alden | <input type="checkbox"/> Annie McBurney |

Minute taker: Connie Karlen

Agenda

Wellbeats Training and Demo

- Review eligibility, access & incentive
 - Reviewed powerpoint overview. Wellbeats is available beginning on January 2 through your HealthPartners wellbeing account. Goal will be 500 minutes (about 30 minutes twice a week for 2 months). Cannot complete it more than once. HealthPartners will start counting your Wellbeats minutes by early 2020 (likely Feb). Any activity you do on Wellbeats prior to that will count. There will be two Mac Daily posts about this program soon
- Share flyer & website update
 - Kelly F will email flyer to us

Well-being Program Kick-off Communications

- Kelly to share letter that will be mailed to homes in January from the WHAM Committee
- Kick-off email will also be sent out

January Classes

- 3-week session: January 6-24
 - Circuit Training Monday & Wednesday for \$25
 - Review of cost of Yoga Tuesday and Thursday
 - Cost will remain the same at \$25
 - Instructor Tanya Kula

January Thaw (Jan 13-17)

Sessions to be added to the WHAM website:

- **Fitness:**
 - Intro to Wellbeats: Yoga & Mindfulness Demo
 - Intro to Wellbeats: Strength & Cardio Demo
 - Intro to Wellbeats: Pilates & Zumba Demo
 - WHAM's Free SomaYoga Sample class with Ann Blackburn
 - \$60 cost to WHAM
- **Nutrition:**
 - Small Changes Add Up: Cooking demo and tasting with Kelly & Chef from Bon Appetit
- **Life Satisfaction/Emotional Well-being:**
 - QPR Training
 - Stress Management for Managers: Employee Stress
 - Zero Waste and Low-Impact Living, with co-founder of Zero Waste St. Paul, \$100 fee, co-sponsored by the Sustainability Office.
 - \$50 cost to WHAM if co-sponsored by Sustainability Office

Lunch and Learns

- Recap November 13 lunch and learn that was repurposed as a community gathering
 - [Ordered from Tillie's. We learned that they provided less food than would have needed with count given to them](#)
- Spring dates: February 6, March 25, and April 29
 - Disability Services at Mac for February 6?
 - [Jason will check with Julia re: doing something around technology & self care.](#)
 - Erin Walsh, co-founder of the Spark and Stitch Institute is available March 25
 - Serves parents and educators by translating research in the fields of child and adolescent development, experiential education, digital media, and youth thriving. Spark & Stitch Institute is committed to sparking greater understanding of why kids need courage and connection to thrive and how to foster it in the digital age.
 - Kelly will share Erin's bio and speaking topics
 - April 29 options
 - Attunement with Kris Nourse
 - Seasonal Cooking- Jeanette: waiting to hear about her availability

Spring Classes

- Promote new evening Yoga on Thursday at 4:45 with Ann Blackburn
- Annie - Send an email to all current participants when the next session's registration is open and encourage them to register by the Friday before classes begin.

- Annie - Update Marketplace to say that classes will be cancelled and refunds given if they don't get enough participants.
- Annie/Randi/Jason - Offer faculty/staff one free class towards further engagement in wellness. The free class should be the first class of the 6 week series. Instructors would be notified about faculty/staff members trying out class.
- Steve - Talk with Taylor about how it's going with the flex pass
 - Steve will follow-up as Taylor was going to record specific #s. Taylor is pretty flexible with process.
- Ask instructors to start taking attendance in Spring Semester
 - Discussed. Consensus is that instructors should. Leave it up to instructor as to how. They do have rooster of folks who signed up.
- Future consideration: Allow flex for all CT and Boot Camp participants and offer a 2, 3, or 4 class per week price option.

Any New Business

- Class Registration Numbers
 - Boot Camp = 23, Wednesday Yoga = 13, Circuit Training = 15, Gentle Yoga = 11, Monday Yoga = 13, Mindfulness = 16
- Budget Update
 - Currently there is a small positive variance. Hope to break even on expenses for the fiscal year.

Tabled items to come back to later

- T-Shirts
 - Sell or give-away t-shirts that allow participants to identify with this part of the Mac community that they feel proud and happy to be apart of: "Mac Boot Camp", "Mac Circuit Training", "Mac Yoga", "Mac Fit Staff/Faculty"
 - Could allow participants to earn it as a reward for attending X number of classes/sessions

Proposed Next Meeting Date & Agenda Items:

Wednesday, January 22 from 2:30-3:30