

WHAM Committee Meeting



Tuesday, February 9, 2021

Attendees: (right click the box to change it to a check mark)

- | | | | |
|------------------|------------------|-------------------|----------------|
| ✓ Kelly Fang | ✓ Jason Dempster | ✓ Lisa Broek | ✓ Steve-Murray |
| ✓ Dylan Walker | ✓ Susan-Fox | ✓ Sarah Schmidt | ■ Tracy Arndt |
| ✓ Annie McBurney | ✓ Randi Hartman | ✓ Stephanie Alden | |

Minute taker: Dylan

Agenda

Activity Classes - Using Zoom

- **Spring Session 1: February 1 - March 12**
 - Total registrations = 52
 - Strength Training = 20
 - Hatha Yoga with Ariel = 12
 - Dance Cardio with Ariel = 10
 - Mindfulness = 10
 - Devavani did not participate this session
 - Two people had registered for her class, they were notified that the class was no longer available
 - No classes had to be canceled! (Yay :D)
- **Spring Session 2: March 22 - April 30**
 - Registration runs: March 8- March 17
 - Same class schedule -- reach out to Devavani again (she said she will be available for this session)
 - Reaching out to all instructors a week before session (Randi)

Lunch and Learns - Using Zoom

- **Thursday, February 4**
 - Stress, Mood, and Immunity presented by Dr. Sara Jean Barrett, ND & hosted by Dylan Walker
 - 47 Registered, 35 Attended live
 - "Very informative and approachable"
 - Shows interest in the topic and naturopathy in general
 - (Is it possible to get Zoom stats?)
 - A couple thank yous, very good response for digital Lunch and Learn
 - Dylan takeaways: very good questions and interest
 - No utilization of breakout rooms -- all 37 people in one room
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- **Wednesday, February 24**
 - COVID Vaccine Questions and Answers, with chemistry professor Leah Witus and Dr. Steph Walters, hosted by Lisa Broek
 - Request to do this Lunch and Learn earlier rather than later -- this information needs to get out there
 - New added date, not originally scheduled
 - Great video from Professor Witus, visual display of all kinds of people
 - Will be sent to committee later
 - Will not be linked in description of workshop, will be played during Lunch and Learn (clarify in future meeting with Prof. Witus)
 - Lisa: can we include questions in the registration so Steph and Leah have them ahead of time?
 - Include in Zoom registration form or include separate Google form
 - Steph thinks that would be a good idea
- **Upcoming Dates:**
 - Wednesday, March 24
 - Open for ideas
 - Option: speaker (Plan A), host our own retreat (Plan B), cancel (Plan C)
 - (Kelly's idea) "Wellness Retreat" hosted by members of the committee. We could each lead a 5-10 min activity/lesson/demonstration of something wellness related
 - Quick cooking demo, stretch, meditation, reflection exercise, etc.
 - Gives each us an opportunity to express our passions/how we build our own wellness
 - Another potential speaker, Susan Shehata: next challenge is Home Harmony-- one of Kelly's colleagues brought a speaker who talks about your space and wellness (\$500-600, but chance their prices can be reduced)
 - Can be tied in with the Home Harmony challenge/promote both at same time
 - Topics: "Transforming Your Life Through Your Space," "Unstick Your Story"
 - Preference toward "Transforming Your Life Through Your Space" -- relevant to COVID times, tangible wellness solution we don't talk about as much
 - Wednesday, April 28
 - Something on gardening for April?
 - Dylan has gardening connections
 - Community garden in North Minneapolis

- Maybe pair something about vegetable gardening and meal planning with respect to growing produce or using a farm share/CSA
- Dylan's connection is available (will follow up with Bex later)

Well-being Program Kick-off

- LivingWell and HealthPartners App update
 - "LivingWell" shortcut has been added to HealthPartners app (yay! -- no need to log in to LivingWell portal separately); tell people to go to app and then click "LivingWell"
- Wellbeats offers Guided Cardio workouts: can be used with any cardio machine
 - Doesn't matter what machine you're on, get a nice coached workout
 - Can now schedule Wellbeats classes with a friend or with a group
 - Can invite a friend (who has access to Wellbeats) from the class when you schedule it on Wellbeats
 - Great option for those who like social accountability/fun classes
- 11 enrolled in Facebook Group Wellness Support
 - Going well -- last week for the Facebook group
 - Majority are participating, about half are consistently responding to all posts
 - New way of engaging and communicating with people, and good to see how people support each other and get invested in each other and their goals
- Home Harmony activity is planned for March-April
- Rooted in Health (plant-based nutrition) activity is planned for summer
- Make a Move activity challenge planned for fall

Health Assessment engagement

Progress	January 2021		Previous year
	Participants	%	%
Health Assessment	161	19.4	24.7
Enrolled in 1st Activity	301	36.4	37.3
Completed 1st Activity	232	28.0	30.9

- Slightly down from last year -- not quite sure why
- Enrollment in activities is on par
- Hope to get other boosts throughout year with different activities

Percentage of Health Assessment Completion by Division

	January
Admin & Finance	17%
Admissions	12%
Advancement	19%
Academic Affairs	17%
Student Affairs	25%

Budget Update (Randi)

- Revenue 10,900
- Expenses 7600
- Sitting quite well -- future payments (instructor, Lunch and Learn upcoming payment)

Proposed Next Meeting Date & Agenda Items:

- Meet the week of March 8