WHAM Meeting
Monday, 11.11.19

Attendees:
✓ Kelly Fang  ✓ Jason Dempster  ✓ Lisa Broek  ✓ Steve-Murray
☐ Connie Karlen  ✓ Susan-Fox  ✓ Kelly Borke  ✓ Wayne Glass
✓ Tracy Arndt  ✓ Randi Hartman  ✓ Stephanie Alden  ✓ Annie McBurney

Minute taker: Kelly Fang

Agenda

Blood Drive
- Recap from Steve: correction: 66 pints collected and 77 signed up to donate
- Do we want to continue to do the blood drive?
  - Decided not to continue WHAM blood drive because Macalester First Aid is coordinating a couple each year for the Mac community.
  - Steve will follow up with Red Cross to let them know

Fall Classes
- Registration numbers for Session 2: Break even is 14 for most classes, but our minimum for registration is 10.

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<tr>
<th>Session 2 Breakdown</th>
<th>Standard</th>
<th>Flex</th>
<th>Total Attendees</th>
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<tbody>
<tr>
<td>Class</td>
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<tr>
<td>Circuit Training</td>
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<td>Boot Camp</td>
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<td>Gentle Yoga</td>
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<td>Mindfulness</td>
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91

Spring Classes
- Not going to offer Zumba, Pilates for spring. Just stick with new evening yoga.
- Ann Blackburn, Certified Yoga Therapist and Owner of Tula Yoga and Wellness will be the instructor for the new 4:45 Thursday class. Sample class will be offered during January Thaw so people can try a class with her.
- Do we want to require a “Register by: date”
  - Annie - Jason recommended we 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 - A few months after new staff/faculty go through orientation, offer them a free week-long pass/coupon to try WHAM classes during the first week of a series in hopes they will register. Will need to notify all instructors about the process.
- Offer a semester long flex pass?
  - Steve - Talk with Taylor about how it’s going with the flex pass
  - Future - Ask instructors to start taking attendance in Spring Semester
  - Future - Consider just allowing flex for all CT and Boot Camp participants and offer a 2, 3, or 4 class per week price option.

Lunch and Learns

- October 23: Seasonal Affective Disorder with Mary Holland from HealthPartners Behavioral Health:
  - 28 Registered
  - Feedback on lunch from Everest on Grand: Great and affordable
- November 13: Self Care & Technology by Julia Hutchinson, HWC
  - 43 Registered
  - Lunch order by Annie from: Tilly’s Farm House for soups, salads, sandwiches. Less than $8 per person.
  - Volunteers to help with set-up and clean-up: Tracy, Jason, Randi, Wayne, Stephanie and Steve
- Spring 2020 options:
  - Attunement with Kris Nourse
  - Parenting Coach
    - This was not discussed at the meeting, but Kelly reached out to two parenting coaches who work close to Mac. Price is over $300 for a 1-1.5 hour workshop, but may be negotiable. Kelly will reach out to a few clients to see if this is someone they would be interested in learning from.
  - Disability Services at Mac
Wayne heard Melissa present at an Allies event and it was very good. Ok to repeat that session because WHAM gets a bit of a different audience.

Would want Melissa to be a little more broad and focus on parents, kids, or friends with disabilities for those who don't work with students.

Jason will reach out to Melissa for the February 6th L&L date.

Seasonal Cooking: Jeanette will know more about her availability after December

January Thaw

Ideas in the works:

- **Fitness**: Wellbeats Demo Workouts, Yoga Sample class with Ann Blackburn
- **Nutrition**: Cooking demo and tasting with Kelly & Chef from Bon Appetit
- **Life Satisfaction/Emotional Well-being**: EAP Seminar, Community Ed
  - Lisa will offer another QPR training
  - Wayne is interested in partnering with Kelly and Lisa for a session on Resilience
  - Top EAP choice was: Stress Management for Managers: Employee Stress
    - We can offer another one during Chautauqua and possibly turn to EAP if we can't find a Lunch and Learn speaker.

Benefit Open Enrollment Meetings & Benefits Fair

- Any feedback, buzz, questions about the new benefits, incentives or adding spouses to our wellness program?
  - Kelly and Jason have heard good feedback so far. No one seems upset about the spouse being required to participate in order to receive the incentive.

Any New Business

- Working with Mindfulness instructor, Jane, to offer a couples/partner retreat in February on a Saturday.
- What about the idea to offer a couples/partner workout with Taylor
  - Kelly will ask Taylor about a one-time Saturday partner workout to test it and see if there's interest.

Tabled items to come back to

- **T-Shirts**
  - Steve to check into cost so we can see if the budget allows us to purchase t-shirts in the spring.
  - 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

**Next Meeting Date & Agenda Items**

- Tuesday, December 10, 2019 at 9:00 a.m.