WHAM Committee Meeting
Thursday, September 17, 2020

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: Tracy

Agenda

Activity Classes - Using Zoom

- Fall Session 1: September 14 – October 23
  - Yoga Monday: 14
  - Mindfulness: 13
  - Boot Camp: 11
  - Circuit Training: 9
  - Dance Cardio: 9
  - Yoga Wednesday: 9
  - Yoga for Anxiety Management: 8 - Cancelled Will offer a free one time trial in Oct to create interest.
- Fall Session 2: November 2 – December 11
  - Should we bring back the Flex option for CT and BC to allow for more flexibility? Decided to offer the flex option, $40 for any two classes. Discussed having people sign in to chat for attendance, but ultimately decided that it is most likely not a problem of people attending more classes than they should.
  - Request to have BC recorded and sent to participants so they can do it later if there's a conflict. Taylor already does this. Add a reminder to indicate via Google calendar if not attending, so Taylor knows who to send the recording.
  - Because of many conflicts for faculty over the lunch hours: request to offer a CT or BC class in the AM or late afternoon. Decided to advertise that you can receive a recording of the class to do at a later time.

Lunch and Learns - Using Zoom

- Wednesday, October 21, 2020
TBD: Rebeka Ndosi, alifeinpractice.com

Workshop topics:

- The Revolution Starts from Within: The Urgency of Self-Care in Today’s World
  We agreed this topic sounded the best. Kelly to find out if can be done in one hour.
- Healing from Trauma: Tools for Transformation
- You Teach Who You Are: Inner Work for Educators

- Wednesday, November 18, 2020
  - Looking for speaker ideas
  - Kelly would like everyone to submit topic ideas as well as a speaker by end of day 9/21. We have 4 open slots to fill.
  - Would love to line some up for 2021 too

Other Upcoming Events

- Flu Shot Clinic
  - Monday, September 21 from 8am to 12:30pm in CC 207
  - Almost full so we’re not allowing walk-ins
  - Now full. Decided not to worry about lining people up by appt time, just remind them to keep 6 feet apart.

- Mammo a-go-go
  - Wednesday, September 30 from 1pm to 5pm near Jan Wallace Fine Arts
  - Scheduling by phone is strongly encouraged but walk-ins welcome
  - Instructions will be on the outside of the truck. Kelly will let Safety and Security(Bill) know when the truck will be on campus.

- Wellness Virtual 5K
  - Saturday, October 12 Students, Faculty and Staff.
  - Submit time for t-shirt
  - Sarah suggested a donation in lieu of a T-shirt. Kelly will talk to Lisa to see if she agrees.

Budget Update (Randi)

To date: Revenue $6,000, Expenses $2,900

Future instructor fees are $1,400, 5k $300

Well-being Program Update

Numbers going up slightly
Overall we had a 2.5% increase in health assessment participation this month, and we are 12% higher than this same time last year (51% vs. 39%).

We had almost a 10% increase in those who enrolled in their first activity this month and a 6% increase in those who completed their first activity.

Admin and Finance, Advancement and Academic Affairs all had a 5% increase or more in activity completion this month.

I presented to three different teams within Admissions in the last month so I hope to see their numbers go up next month.

Proposed Next Meeting Date & Agenda Items:

- Wednesday, October 14th at 9:00 am