WHAM Committee Meeting  
Monday, January 11, 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

Agenda

Committee roles and responsibilities follow-up (Jason)  

Jason stressed that it is important that all committee members are participating and helping out with events and activities of the committee  
He went through a slide show that discussed WHAM classes and Lunch & Learns, including some changes to streamline/simplify the work required, as well as places where volunteers are needed:

- Needs for WHAM classes:
  - Volunteer to reserve spaces
    - Steve and Stephanie could do reservations
  - Mac Daily Posts
    - could rotate from session to session
  - Possible instructor confirmation
    - Lisa, Tracy
  - WHAM website
    - Dylan offered to do

- Timing for WHAM classes; We want to plan out the classes a whole year at a time to simplify things; people will know what is going to be offered and when. Here is the schedule for the week before a class session starts:
  - Tuesday: send current registration roster to instructors
  - Wednesday: enrollment in courses closes at 4pm
  - Thursday: if any courses are not enrolled enough to run, we contact those participants and arrange to switch them to another course or refund their fee
  - Friday: instructors send out meeting invite, refunds processed
  - Monday: class begins

- Plan for how to handle classes that don't hit enrollment goal
  - First cancellation, we offer it again the next session
  - Second cancellation, we don't offer it again
  - Participants are always offered refund or a different class
• Needs for Lunch & Learns, volunteers to:
  ○ Reserve spaces
  ○ Host event (partnering with Kelly for guidance)
    ■ Contact speaker, make arrangements, get title and description, and introduce them at the lunch
  ○ Order lunch and meet with delivery person
  ○ Setting up lunch
  ○ Cleaning up lunch

Activity Classes - Using Zoom

• Winter Session: January 4 to 29
  ○ Total registrations = 35
  ○ Circuit Training: Monday and Wednesday = 22
  ○ Hatha Yoga: Tuesday and Thursday = 13
  ○ $30 for twice per week 4-week session

• Spring Session 1: February 1 - March 12
  ○ Offer our standard class schedule
    ■ Yoga for Resilience not offered again for now
    ■ “Normal” Schedule is:
      ● Circuit Monday-Wednesday
      ● Boot camp Tuesday-Thursday
      ● Yoga Monday with Devavani
      ● Yoga Wednesday with Ariel
      ● Mindfulness Thursday
      ● Dance Cardio Friday with Ariel

Lunch and Learns - Using Zoom

• Thursday, February 4
  ○ Dylan is going to be the host for Sam Dylan Finch, a positive psychology/wellness coach and writer in Portland, Oregon.
    ■ Working on details still
    ■ Model for future L&L (partnering between Kelly and committee member)

• Upcoming Dates:
  ○ Wednesday, March 24
  ○ Wednesday, April 28
  ○ Ideas:
    ■ Nicole Cardoza (yoga, social justice)
    ■ Naturopath doctor (Wellness Minneapolis)
    ■ Covid vaccine and how it was developed (Lisa)
Helpful to reach people who aren't used to getting vaccinations all the time (like folks who never get flu shots); people have lots of questions

- Emory Vaccine Development Center (Lisa could follow up with person she saw)
- Kelly can reach out to HealthPartners people who could do a talk
- Steph Walters, Lisa will check with her to see if she knows someone

- How to get started with outdoor winter activities (Steve)
  - Stephanie + Dylan have connections
  - Best to do this in late fall, not this spring

- Something on gardening for April? (Steve)
  - Dylan has gardening connections
    - Community garden stuff in North Minneapolis
  - Maybe pair something about vegetable gardening with something about meal planning with respect to growing produce or using a farm share/CSA

- Others?

Well-being Program Kick-off

- Macalester’s well-being portal is now open
- Take your health assessment to start
- Letter was mailed to homes the first week of January
- Kelly kicks off the Facebook Group Wellness Support on January 18
  - 6-7 people signed up already! Hoping for that many, upper limit is 20

Budget Update (Randi)

- Revenue: $8,800
- Expenses: $7,750

This is without paying for lunch, we will need next year to consider what is different when we are in person and buying food
Proposed Next Meeting Date & Agenda Items:

- Meet the week of February 8