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
- **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

<table>
<thead>
<tr>
<th></th>
<th>January 2021</th>
<th>Previous year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Participants</td>
<td>%</td>
</tr>
<tr>
<td>Health Assessment</td>
<td>161</td>
<td>19.4</td>
</tr>
<tr>
<td>Enrolled in 1st Activity</td>
<td>301</td>
<td>36.4</td>
</tr>
<tr>
<td>Completed 1st Activity</td>
<td>232</td>
<td>28.0</td>
</tr>
</tbody>
</table>

• 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
### 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