Wellness Committee

Meeting

Thursday, March 9, 2017

1:30-2:30

Cathy Ballard Julie Baggett Cassie Firth

Ryan Bay Amber Chester Mary Gard

Shannon Bradford Todd Ging Tim Kruse

🗹Suzi Brown Jerry Hawkins Sherrie Martin

Greg Krause Raydon Leaton Deanna Payton

🗹Kelly Larkin Charmaine Munro

Brad Matson Kristi Orr

Summer McClure 🗹Kathi Shamburg

Teresa Rhynard 🗹Bradley Jennings

Purpose: To promote overall healthy lifestyles to all members of the NOC community by providing leadership, initiative, and support for wellness improvement through continuing education and program development.

1. BCBS 2014 assessment review and closure
2. Tasks and Goals for 2017
   1. Replace annual Weight Loss Challenge with comparable activity during summer 2017
   2. Make the transition from newsletter to website
   3. Decide on races/challenges to highlight
   4. Create a list of wants for purchase of health items
   5. Pursue aggressively 2017 assessment recommendations
3. Items completed 2016
   1. Fitbits: check out through each campus facilitator (McClure, Regier, Jennings)
   2. 2016 Weight Loss Challenge: 35 participated
   3. All three campuses have been honored with the classification of “2016 Oklahoma Certified Healthy Campus”
4. Catapult Health Assessment Dates
   1. April 17: Enid
   2. April 18: Stillwater
   3. April 20-21: Tonkawa
5. Upcoming Meeting
   1. April 19th @ 1:30
6. Open Table

***“People always ask me when they see me working out, ‘What are you training for?’ The answer is I’m training for life.”***

***~ Laird Hamiliton***