



Meeting Minutes
Wellness Committee and FunNation Team

Date: February 18, 2017

Location: HBC room 201

Time: 3:00 PM – 4:00 PM

In Attendance: 12

Bryanne Deleza, Christopher Deleza, Eleazar Herrera Hernandez, Matthew Thompson, Marissa Tamez, Edwin Sanchez, Erick Garza, Dariya Kizieeva, Nico Robles, Carol Hernandez, and special guests: Gerry and Cindy Deleza

Topics of Discussion:

- Brief History on Carol and Wellness Journey
- Carol's Business Venture and Past Events at ACC
- Ideas and Plans for Spring Semester
- Explained the opportunities to earn time and tickets into prize drawings
- Brief Activity on Vegetables – Winner was Matthew Thompson for a free ticket into prize drawings
- Open discussion on eating, activities, and event suggestions

Action Items:

Invite Capital Area Food Bank's Nutrition Education for a special presentation

Plan Challenge

Schedule Walks and Workouts

Plan Wellness Workshop

Secure Speakers on Health, Nutrition, Fitness

Plan Fun4Wellness Fair

Plan next meeting

