



**Meeting Minutes**  
**Wellness Committee and FunNation Team**

**Date: April 1, 2017**

**Location: ACC, Highland Campus, RM 2104**

**Time: 4:00 PM – 6:00 PM**

**In Attendance: 10**

Eleazar Herrera Hernandez, Matthew Thompson, Javier Machado, Ashley Nash, Everlyn Kee, Jessica Davidson, Ashley Silva, Hoa Pham, and Courtney Landers

**Topics of Discussion:**

- Registration & Tickets – we discussed the reason and importance of registering for events and the opportunity to earn tickets. To properly report hours.
  - Action Item: Students registered to receive participation time.
  
- Wellness Challenge – attendees were informed about the challenge and how it will work.
  - Action Item: Students were weighed and measured at the meeting
  
- Challenge Booklet/ideas, etc. – I shared plans to create a booklet of student tips and suggestions on reaching health and wellness goals.
  - Action Item: Students were invited to share a tip or a suggestion or two to be included in the booklet for the wellness workshop. Student suggestions:
    - Every minute of physical activity is helpful: It's a marathon not a race. - Javier
    - When you're feeling like eating despite not feeling actual hunger, consider contacting someone and talking to them about what's on your mind.- Javier
  
- Fun4Wellness Workshop – we discussed the plans and speakers we would like to have at the workshop, still working on having CAFB do a presentation on the nutrition labels, Ashley discussed some about her presentation, and I shared how I will be doing an overall wellness presentation.
  - Action Items:
    - Create simple workshop flyer,
    - Submit event proposal
    - Secure Room
    - Food requisition form



- Fun4Wellness Fair –
  - Action Items:
    - Sponsorship letter
    - Secure prizes
    - Seek vendors to participate
    - Submit event proposal to SL
    - Secure location
    - Flyer/Posters
    - Decide on food
    - Games to play
    - Music
    - Volunteer list

