

## **Wellness Committee Meeting**

March 30, 2017, Carillon Point

Attendees: Janis, Francesca, Ameris, Shannon, Martiza, Sheri, Maria, Marcela

Ameris intro

Idea: Signs made by leadership, builders club and honor society

Trello-Maria has set up, adding cell phone numbers

    This tool will be used for project mgmt. of event

    Everyone needs to accept invite, there is also an app

### **Board on Trello for each pillar-**

Ninja (Sheri, Denise, MaryPat, Hae Sue)

Peaceful (Erika, Martiza, Shannon, Marcela)

Whole (Francesca, Janis, Susanne, Ameris, Rochelle)

3 activities/booths in each pillar

1-2 people in charge of prizes, poster/advertising also so coordinated w/all 3 pillars

Logo – AMeris presented logo, everyone LOVED it, includes Panther w/movement, apple(nutrition), near mind

150 qty guesstimated qty for printing/punchcards/etc

Took a photo of our team to use when we send our intro to the staff. I'm going to wait until we are back from break to send that so it doesn't get lost in the mayhem of people's travel/time off.

Reviewed/added apps and potential partners for each pillar.

Discussed the importance of being intentional in what we ask for and who we invite to be present at event. Would like to avoid asking same vendors multiple times and/or people/shops that the committee has not agreed fits in with our mission.

These are just my notes from the whiteboard, note that Maria will put this all in Trello and we can track and manage from there.

### **Nutrition-Whole Panther**

Apps: MyFitness Pal, MyHealthyPlate

Vendors:

Frog Legs- class pass for 2 (Janis)

Healthy Bonez- dixie bup sized samples (Janis)

    JujuBeet backup if Healthy Bonez can't

PCC- trail mix station (Erika)

The Good Cooky- good cookies (Susanne)

Trader Joe's- 75 bananas (Hae Sue)

Gift card prizes (Martiza): Café Organique, Carillon Kitchen, Homegrown, Just Poke, Lizzy Kate, Sirena Gelato

### **Exercise-Ninja Panther**

Apps: RunKeeper, Nike Training, Wahoo

Vendors:

Baseline obstacle course/trial classes (Francesca)

Athlete? Live or video- Brad?(Ameris)

CAC

Perfect Wave- SUP for an hour

Daniel Alderete- demo on injury prevention (Janis)

**Mindfulness/Mental Health: Peaceful Panther**

Apps: Headspace, FreeOnlineMeditation, Insight Timer

Vendors:

Massage Envy and/or other- 2 min chair massages

Urban Float (can kids do this?) GC

Bala Yoga GC

Decided our next 'meeting' which is actually a girls wine night disguised as wellness committee work will be at Maison DeLille (wine bar in Sotheby's on Lake St) on **4/12 at 6:30**. I just called Mark over there- they don't take reservations but he said we should be fine on a Weds.

\*Note that we have an actual committee meeting the next day on **Thurs 4/13 11:30-1 at Sheri Putzke's house at 332 10<sup>th</sup> Ave.** She even said we can draw on her cabinets instead of a whiteboard.:-)