

Wellness Committee Meeting Minutes

Wednesday, February 21st, 2018

2:00 pm- 3:00 pm

M203

Attendance: Irina, Tracy, Veronica, Kamara

SCHEDULE:

Past Activities:

2:00 – 2:10 pm Mountain Ripley discount day Feb. 17th

- **It was noted that this was a great success!! Rentals, tubing, etc – it was busy all day long. It was also noted that the advertising was VERY effective, it looked really professional, bright, appealing – and we'd like to have Bridget create something for the 3-point shootout for Mar 23rd!**

Upcoming Activities:

2:10 – 2:50 pm Aspiring Women program: Mirrors and Distorted Images – Nicole

- **Nicole has said that she has gotten no response back for this event.**

March Madness of our own, a 3-point-shootout between Faculty/Staff and Students (last week of March) – needs to be planned out

- **Clarification of what a 3-point shootout actually is (March Madness is the name given to college basketball championship season, LOTS of people like to watch/make bets, etc). We'd like to have a March Madness Kickoff as a precursor to this. A 3-point shootout competition in the Gym, for individual competitors, who can make the most 3-point shots in a specific time limit.**

Date: Mar 23

Time: 4:00-5:00 pm

Location: Paavo Gym

Discussion about having different rounds, winner of each round would compete in the next round. Prizes for first round would be candy, second round would be gift card, third round maybe Sweatshirt/Clothing/Hat from NorthWinds...

Bridget will create a poster.

Symposium on Mental Illness Awareness in April – Kamara

- **This is set for April 10th at the Heritage Center. *Removing the Stigma* is the theme for the symposium, and is designed to provide a panel of individuals - some from the area (DialHelp, professors/counselors from FU/MTU, etc), some from out of the area (NAMI, downstate), as well as some folks who live with mental illness. The community is welcomed and an open forum will be available after the panel discussion.**

Kamara will arrange for panel participants.

Tracy will forward that to George Stockero, Supt. of the ISD.

Anna will find out availability of Heritage Center

Veronica will arrange refreshments through the Café (Tim Nukkala).

Irina, Bridget, and Nicole will advertise to local schools and Finlandia University.

2:50-3:00 Discussion of the next meeting day and time

- **March 14, 2018 2:00-3:00**