

Wellness Committee Report

Committee Members: Kamara Taylor, Nicole Polakowski, Tracy Lang, Veronica Horning, Bridget Durocher, Anna Johnson, and me.

Wellness Committee Goals for 2017-2018:

1. Promote well-being across seven dimensions of wellness: emotional, spiritual, social, intellectual, occupational, environmental, and physical;
2. Identify and disseminate evidenced based strategies and resources to improve the health and well-being of Finlandia students, faculty and staff;
3. Establish strong meaningful connections to the local healthcare institutions in effort to promote community events and participation among Finlandia students, faculty, and staff;
4. Assist Finlandia students, faculty, and staff in making choices that are healthy in the mind, body, and soul.

Very active, enthusiastic group, which is full of ideas. We were not able to bring all the ideas to life because of the lack of budget for the committee.

Activates performed:

1. September: Finlandia participation in Light the Night Run at the Laurium Aspius Campus: discounted price - \$5
8+ faculty and students attended the event.
2. October: 2-hour Flu Clinic on campus
Better attendance than previous year – promotion of the event in advance was helpful
3. October: Article – “Why Mental Illness Stigma is Lethal” by Kamara Taylor
4. November: YouTube video with Dr. Guy Winch
5. November: Finlandia participation in Turkey Trot
8+ participants from Finlandia
6. December: Final week activities:
Therapy dogs
Yoga
Coffee Break
Fruit snacks
7. February: Mont Ripley Discount day
8. April: Symposium on Mental Illness Awareness
30-40 participants from community and Finlandia University
Great panel

During the last meeting, we reviewed our performance, and we believe that we successfully reached our goals. We will share our recommendations for improvement with the future members of the Wellness Committee in 2018-2019.