

Health & Wellness Committee Meeting
January 12, 2017
1:30 p.m., District Conference Room

Attendees: Barber, Callahan, George, Hrubby, Johnsrud, Kamrath, Klein, Lund, Stevens, Wierzba

Other Attendees: Ally Tebon

Agenda:

1. **NFL Play 60 Super Bowl Challenge:** Scheduled for January 31st at noon for grades 3-9.
2. **MS Health Fair Review:** Pam Klein shared a video she created which highlights the health fair.
3. **Family Fitness Night:** Scheduled for March 17th. Plan to have cardio drumming, walk course, Zumba, open gym. Serve green food.
4. **2 X 20 District Initiative:** Encourage staff members to take 20 minutes, 2 times per week, for themselves. Meditating and yoga are some suggested activities.
5. **Deerfield on the Run:** Scheduled for Tuesdays and Thursdays in May for grades 4-6.
6. **Family Bike Night:** Scheduled for May 12th from 6:00-7:00.
7. **Employee Living Healthy Report:** No report.
8. **Other:**
 - a. **Facebook Page:** discussed creating a FB page for the Health & Wellness Committee.

Next Meeting: February 21st at 7:45 a.m.