

Health & Wellness Committee Meeting
November 14, 2017
7:45 a.m., District Conference Room

Attendees: Backes, Callahan, Dunnington, George, Klein, Koeppe, Schuh, Stevens

Other Attendees: Melinda Kamrath

Agenda:

1. **Winter Walk:** Theme this year is Fighting Childhood Obesity. Thinking about adding some activities in the small gym. Still deciding on a date in February.
2. **Staff Self-Care Posters:** Pam Klein shared the posters.
3. **NFL Play 60 Update:** Item tabled until next month.
4. **Family Fitness Night:** Looking at scheduling this on April 27. Would like to combine this with Family Bike Night and have a healthy cookout afterwards.
5. **Family Bike Night:** See above.
6. **Policy Review:** Group will review and bring ideas to next month's meeting.
7. **Other:**
 - a. **Staff Challenges:** Some ideas that were discussed were Steps for Charity, Not More Than a Pound, Friday 15, and a fitness center challenge.

Next Meeting: December 19, 2017 at 7:45 am in the district conference room