Health and Wellness Meeting  
March 24, 2008  
Notes


1. WILD Afternoon Evaluation  
Written evaluations by afternoon participants were distributed.  
Having a variety of activities was good.  
One suggestion was that no bentos were needed for those attending the food demos.  
There were several “types” of food demos: actual demo, display and taste, and continuous demos through both workshop times.  
One suggestion was to locate the band outside so more people could enjoy the music.  
In the future, Janet Garcia is willing to do a demo on things to make with chocolate.  
Clara I. did a good job securing the bus and canceling the second bus.  
Lorri and Lianne will be working on the reimbursements.  
Some suggestions for future sessions included blood pressure and cholesterol checks, smoothies to drink, and providing walking maps of the campus.  
Another suggestion was to have some active sports-type workshops.

2. Angel Air Freshener Workshop  
April 19  
12:00-1:00 pm  
2/214  
Lianne will publicize.

3. Ask Walter Workshop  
April 24  
12:00-1:00 pm  
12:00-1:00 pm  
2/214  
Kathy will publicize.

4. Charity Walk  
May 17  
6:30 am at Magic Island with a round trip route of about 7 miles  
$35 to participate and a t-shirt is provided by Sheraton Hotels  
Kyle is in contact with Colleen from ETC for updates and will keep us informed.

5. Other Items  
Line dancing is being offered. See Guy if interested.  
Varouny will send the Health and Wellness website to the committee for review.  
A suggestion was made to offer the reflexology workshop again in the fall.
6. Next Meeting
   Next meeting will be scheduled for sometime in July to plan for fall activities.