Health and Wellness Committee Meeting
Minutes
December 9, 2009
Building 4, Room 23B

Present: Clara Iwata, Nadine Leong-Kurio, Lianne Nagano, Guy Shibayama, Wayne Sunahara

Activity Updates:
September – December Activities

Line Dancing – Guy
Dancing is done for the year and will start again in the spring semester.

Ukulele Making – Guy
Sessions will conclude on December 18. Next class will start on February 5.

Kaiser Permanente Exercise Street Team Campaign – Guy
Some committee members heard they were on campus but were not sure how long they stayed.

Bookmark Making/Book Exchange – Clara, Libby
25 people ordered bookmarks. Not all of them came to make the bookmarks, so Clara made some for these people. The Library added 28 books to their collection from the donations, others went to other community colleges, and others went to community public libraries. Clara will check on the evaluations and compile them.

Spring Activities and Other Items:

Great Aloha Run, President’s 100 Club – Guy
77 staff and students have signed up for the run.

Spring Farm Tour – Lianne
The committee decided on February 27 as the date for the tour. Lianne will work on details with Derek Otsuji. Meeting time at the farm will be at 8:30 am.

HMSA Workshops – Libby
The committee looked over the list of HMSA workshops and suggested the following for Spring 2010:

- Germ Busters – Relief from the Common Cold and Flu
- Successful Again Begins with You
- Workstation Wellness
- Healthy Eating Island Style
- Music and Health
Committee chose one workshop from each category. Dates can be determined by Libby. Suggestion was made to have the workshops during the lunch hour period.

Don’t Be a Victim – Lianne
Lianne will check with Bert Shimabukuro for a date in January.

Kickboxing – Kathy
Pending

Soup Day – Lorri
Pending

Next Meeting: January 13, 2010 at 2:00 pm