

## October Wellness Committee Meeting

Tuesday October 4<sup>th</sup> 9am

In Attendance: Mark, Jill, Theresa, Jessica, Courtney, Brenton, Stephanie

1. Meeting Minutes – Special meeting and September minutes approved unanimously
2. Fall Fitness- We are in the middle of this challenge. There will be just a grab n’go breakfast at the end of this challenge which runs through October 30<sup>th</sup>.
3. Welcome Stephanie to the Wellness Committee.
4. The 1<sup>st</sup> annual team Kirkwood Softball event will be at Kirkwood park field 4 this week. There are currently no inclement weather back up plans. A release needs to be signed to participate.
5. Greentree Review – Greentree was successful. Only issue were some toilet problems, but everything else went smoothly with no injuries. All the give-aways went with the bags running out first.
6. Police and Fire 5K was cancelled.
7. Wellness Fair – The Employee Wellness Fair will take place on Wed. October 12<sup>th</sup> from 10am-2pm at the Kirkwood Performing Arts Center in conjunction with the Employee Appreciation Luncheon. Flu shots will be available along with TIAA appointments. We will have a push-up sit-up, wall sit challenge again need 6 prizes for male and female winners of each challenge and will work around keynote speaker/lunch. For the flu shots you need to RSVP only if you are over 65 and should bring photo ID and your insurance card.
8. November Challenge – The November Challenge will be a Gratitude challenge with an added “Pay It Forward” option. Each participant can do one act of kindness or record something they are grateful for each day.
9. Please ensure the blood pressure cuff in your area is in good order and has blood pressure cards available. Email Theresa if you need anything for the cuff or if you have any leftover sunscreen.

Next Meeting Tuesday November 1<sup>st</sup> 9am (Jessica Minutes)