

UEA STAYWELL MEETING
Wednesday, January 13
4:30 - 5:15 P.M.
Vince & Joes (25 Mile and VanDyke)

AGENDA

Attending: Brian Vento, Rose Varga, Denise Hirschmann, Sharon Jones, Theresa Hasenauer, Nancy Smith

• **Maintain, Don't Gain**

- positive feedback
- glitch with survey link, but will use it again next year

• **Wellness Grant Winners**

- media releases sent out to 3 local papers and MEA
- Shelby-Utica Newspaper called for more details
- Bd. Of Ed. Meeting on Monday, Feb. 8 at 7 P.M. – Malow Jr. H. Grant recipients, Staywell Committee, sponsors of grants encouraged to attend
- this year's grant application will be reviewed for revisions

• **MetroPark Passes** (deadline: Jan. 16)

- sold almost 400
- Metroparks giving us some free passes and books (sent email showing how much publicity we have given them)

• **Biggest Loser**

- deadline was extended
- 22 teams registered
- Tami sends weekly emails to teams
- possibly change to 2 member teams next year
- teams can be made up of participants from different buildings

• **“Go Red For Healthy Living”**

- Wear Red on Friday, Feb. 6 (send us your photos)
- “Happy-Grams” (Tami collecting) Donations: Race for the Cure
- Wednesday, Feb. 3 from 4:30-5:30
- Dr. Mike Osborne speaking on Nutrition, Weight loss, Stress
- Mike is donating \$200 toward food
- Garden Grille - 56129 VanDyke - (room holds 100)
- Jodi prepare a flyer
- MECU & Dr. Mike donating raffle prizes
- Theresa checking into getting it advertised on UCS channel

• **5K Trail Run - Sunday, Sept. 19**

- date change due to ALS Walk
- timing company scheduled

• **Vince & Joes on Saturday, Jan. 16 – Wellness Fair – 10:00-3:00**

- Rose coordinating
- UEA will host a table to share our wellness programs
- MECU provided individual sanitizers

• **Healthy Treats for RA**

- Denise will create
- **Feb. meeting will be lunch over Winter Break** (date & location TBD)

NEXT MEETING
Wednesday, March 10
UEA Office
13969 Plumbrook
Sterling Heights, MI 48312
4:30- 5:15 P.M.