

Staywell Committee Notes
Wednesday, January 14, 2009
UEA Office
4:15 – 5:00

Website Flyers

- were given to Building Representatives to be placed in every member's mailbox
- not time sensitive therefore will be used at future presentations

MetroPark passes

- 375+ were purchased
- deadline Jan. 9
- will offer again next year

Maintain, Don't Gain

- 60 members indicated they had "maintained" over the holidays
- program ended on January 5, 2009

Biggest Loser

- 42+ teams currently registered
- program is from Jan. 9 – March 6
- Tamra Clark-Moore and Karrie Koteles: program coordinators

Wellness Grant Reception

- media release sent. Reply from Advisor/Source
- 5 programs received grants
- will offer again next year

Business Partners

- Letter outlining benefits to a business and contract of agreement were shared with committee members (letter is also on "Partner" link)
- Committee members will share information with potential businesses

Wellness Journey

- Individual's story remains on website for 1 month
- Rose Varga will prepare her wellness quest for March.

Go Red For Women

- now on "Featured News"
- Building Representatives will receive an informational sheet, packet, & all materials during the week of Jan. 26
- Presentation on Nutrition and Trans Fats at IRC on Feb. 3
- "Wear Red" on Friday, Feb. 6. Photos requested of staff wearing red for website.
- "Create-A-Heart" All proceeds are donated to American Heart Association

Karmanos Walk on May 31

- Tamra is reviewing the team packet for recommendation on participation

Gopher Run for Special Olympics

- sponsorship was requested
- Brian Vento is reviewing and contacting organizers to advise on sponsorship by UEA Staywell.

NEXT MEETING

Wednesday, February 25

UEA Office

4:15 – 5:00 P.M.