

**Staywell Meeting**  
**Wednesday, March 10, 2010**  
4:15-5:15 P.M.

**Attending:**

Tami Clark, Denise Hirschmann, Sharon Jones, Leslie Montgomery, David Rilley, Michelle Schimelfening, Nancy Smith, Mike Sturm, Brian Vento, Shelly (Daude Chiro.), Erin Zacharski

• **Biggest Loser**

- 26 teams (3 people on a team)
- contest ends on March 26
- people are losing weight and establishing healthy habits
- survey will be provided at end of the contest
- canned goods donated for weight gained

• **Go RED for Healthy Living**

- recommend same theme next year
- photos uploaded on website
- 1. Wear Red...photos from schools
- 2. Presentation on Feb. 3 about 35 in attendance; favorable comments

• **The ULTIMATE STAYWELL CHALLENGE**

- Deadline to register: March 19
- Accumulating prizes (send info. to Denise)
- Complimentary breakfast provided to top 3 schools: MECU & Dunkin Donut each providing a breakfast
- 20+ teams registered so far (3 on as team)

• **Race for the Cure**

- Happy Grams – raised \$160
- Very inspirational event
- Shirts for this year will be different color, but same design
- Possibly wear buttons in remembrance (Brian will check on)
- May 21 everyone will be encouraged to wear shirts
- Last date for registration ...give to Tami April 23
- Committee will register this week

• **C. Johnson Presentation**

- Willing to present week of Sept. 27
- Offer as a fundraiser; proceeds donated to wellness programs

- Possibly survey members to find out how much they would pay

- **Metropark passes**

- go on sale from March 26 – May 16

- **NEHFD**

- Wednesday, May 19
- 1. Wear appropriate fitness attire and athletic shoes to school
- 2. “Put on your walking shoes”
- 3. Get your students moving
- Keep same poster design
- No presentation this year

- **In the News**

- new tab on website
- will provide links to news articles

- **End of Year Survey**

- will use survey monkey
- Denise, Leslie, & Rose will work on

- **Round Table**

**How can we include all employee groups?**

- not all groups are getting the wellness information
- flyer on bright colored paper to building representatives with our new mission state
- emphasize need for ALL UCS employees to receive information
- Bigby free coffee coupon attached to flyer

**Bulletin Board near H.R.**

- Mike and David will post Staywell information on it

**Next Meeting  
Wednesday, April 14  
Bigby Coffee  
4:15 – 5:00**