

Wellness Committee Meeting Minutes

April 24, 2024

30 minutes, in person

1. Danielle Calloway
2. Donna Freeman
3. Ashley Woods
4. Brandon Kight
5. Casey Fountain
6. Casey Dowling
7. Theo Howard

We talked about the Well-Being proposal and some more ideas about what to write in the proposal.

Hydration Stations every other week.

Signs for trails. Zumba classes once a week.

1 mile/5k fun walk or run.

Theo brought some brochures on exercise stations that we can purchase and put along the trails.

We talked about the upkeep on trails and Plant Ops clearing some of it. Theo was checking on this.

We will not meet in June or July, but we will meet again in August.