

Wellness Committee Meeting Minutes

August 7th, 2024

In-person, 1 hour

Committee Members

Danielle Calloway (Chair)

Donna Freeman (Well-being Liaison)

Johnna Eaton

Ashley Woods

Cortney Joiner

Brandon Kight

Susan Howell

Casey Fountain*

Casey Dowling

Theo Howard

*(could not attend)

1. Welcome back.
2. We added Courtney Joiner to the Committee to represent faculty since Johnna is now staff.
3. Proposals got approved.
4. The first one is Zumba, with Casey Dowling starting on August 27th in Swainsboro from 5:15 – 6:15 pm in C128. She will go to Statesboro once a month. Ideas were to put up flyers in break rooms for reminders.
5. Hydration Stations Proposal – Every employee will do a survey and get a water bottle. Twice a month, we will put out fruit stations to use our infused water bottles. We will use the water filtration water fountains for water. We will put one fruit station in Statesboro. I will put one in Augusta and four in Swainsboro. One in JAM, Gambrell, and 2 in Academics.
6. Walking trails Proposal – Consists of 2 new trails, 1 is a mile, and the other is a 5K through the trails. We will purchase new signage and will need some help installing the signage. We are planning on doing a 1 mile/5K run in spring and in fall. We will call it the Bobcat Dash with a Splash.

