

## Wellness Committee Meeting Minutes

October 11th, 2024

In-person, 1 hour

### Committee Members

Danielle Calloway (Chair)

Donna Freeman (Well-being Liaison)

Johnna Eaton

Ashley Woods

Courtney Joiner

Brandon Kight

\*Susan Howell

Casey Fountain

Dr. Schechter

\*Casey Dowling

\*Theo Howard

\*(could not attend)

We talked about the progress of all the proposals. We changed the time for Zumba from 4 pm to 5 pm, and we had a better turnout of 10 people. Hydration stations are a big hit, and we are getting lots of good feedback on them. We talked about the signage for the trails being complete, but the hurricane put us out a little longer because cleanup around the campus was going on. The main big sign will be installed soon.

Dr. Schechter joined us today to talk about the Health and Prevalence report we get yearly. He talked to the committee about the importance of the report, and we discussed how to bring awareness to the campus. We went over the report page by page and discussed the results. We discussed doing monthly awareness campaigns, such as Breast Cancer Awareness, in October. We discussed sending emails about things USG has going on all the time, like Walktober. We talked about the Benefits Fair being rescheduled and getting in more vendors to make the employees more aware of what is available to them. We talked about inviting primary care doctors to help give people options of who they use for primary care. We discussed doing Lunch and Learn to speak about important well-being topics.

We concluded by discussing how we are trying to bring back the culture of the past EGSC.