

## Wellness Committee

### 2017 Committee Meetings and EGSC Wellness Events

February 15, 2017 – USG Wellbeing Kickoff at Middle Georgia State University

- EGSC Wellness Liaison and Wellness Committee Chair attended the Kickoff.

June 9, 2017 – Wellness Committee Meeting 10:00 a.m.

- Committee reviewed the EGSC Tobacco Use Policy and the BOR 9.1.7 Tobacco and Smoke-Free Campus Policy.
- Committee to establish a campus awareness campaign to include the development of a Health and Wellness webpage and awareness flyers.

June 19, 2017 – Wellness Committee Meeting

- Committee met via email to review and approve the new Health and Wellness webpage and awareness flyers.

June 20, 2017 – Wellness Committee Meeting

- Committee met via email to review and approve the June 9, 2017 minutes.

September 28, 2017 - Fall 2017 Employee Health Trails Challenge

- 12:00 p.m. WebEx for employees to learn about the Health Trails Challenge and how to register.

October 2, 2017 – November 12, 2017

- Health Trails Challenge – promoting healthy behaviors among USG employees. All USG institutions compete for the highest average miles.

October 6, 2017 – New Employee Assistance Program (EAP) Employee Announcement

- Email announcement sent to all full-time and part-time employees regarding the new USG Employee Assistance Program (EAP).

USG Well-Being Calendar of Events - <https://www.usg.edu/well-being/events>

EGSC Health and Wellness Webpage - <http://www.ega.edu/health-wellness>