**Wellness Committee Meeting**

**January 6, 2022**

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|  | Lisa Cram – Classified |  | Jennifer Driskill – Classified |  | Jenny Young-Seidemann – Faculty |
|  | Brent Lewis - Faculty |  |  |  |  |
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* **Discuss a Spring version of the Turkey Trot**
  + **Members should brainstorm naming ideas, prizes, etc before next meeting**
  + **Some ideas put forth were Shamrock Run and Bunny Hop with possibly getting a local business to donate a gift certificate for a prize**
  + **Will decide at next meeting and start planning advertisement of event**
* **Weekly updates to The Nest**
  + **Lisa or Jenny will submit Tips for Making Healthy Lifestyle Changes (week 2)**
  + **Lisa will submit community volunteer/kindness day opportunities (week3)**
  + **Jenny will submit a green juice day recipe (week 4)**
* **Zoom invites for the rest of the school year will be sent out after meeting end for the last Thursday of each month at 10:00am**

**Next meeting will be January 27th @ 10am**

ZOOM Meeting: