

Meeting with Alex and Michelle

35 active participants – 5 new since January

Great success Stories

Great January Story

Horizon has mini wellness sessions-- meditate- walk -yoga –breathing

National Employee Fitness Day- May 17th

Goal: Move for 30 minutes a day

Sports Core Open House-

February 19th (Sunday)

2 hours free

Elementary PD- Work place yoga followed by dodgeball and mindfulness

New Term

The Value of Caring

Next meeting dates March 1st, March 15th and April 12th

Toni and Karyn

New Things in Wellness Policy

Designated by Title

Community must be public

Should add parents, students, board members, community members

Could ask parent volunteers from

Add sheet for Wellness Members to complete

Breakfast discussed

Need Nutrition Guidelines for what is available

How do we get people knowing and understanding