

## September 14, 2015 Wellness Meeting Minutes

Present: Linda Kastanek, Brandi Kelly, Tim McDermott, Elly Reedy, Marvin Kohout, Kory Mullen

- ❖ Meeting called to order @ 0708
- ❖ Minutes reviewed, motion made by Marv to approve second by Linda
- ❖ Adjustment to agenda sheet handed out
- ❖ Alternative Standard—Linda Kastanek having surgery in November
- ❖ 100 miles in 100 days—25 people completed
- ❖ Lucky 7 poker challenge – bike 2 miles to wqual 1 mile walked
- ❖ Govenors Award update—Banquet 9-22, 9-24, 10-20, let Brandi know if you want to go to banquet
- ❖ BCBS deadline October1, 2015
- ❖ Monthly class update—thank you cards to be sent out by Elly
- ❖ Boot camp class offered 9-14-15 @ the legion park
- ❖ Mini challenges—Nov/Dec Holiday Bingo
- ❖ Flu Shots—October 26, 2015 Courthouse 0730-1000 & Jail 1500-1800
- ❖ Health fair planning—dates, continue with Madonna, Linda will check with BCBS
- ❖ NRMA monthly online class—Drug/Alcohol Awareness 75 pts motion Linda-second Marv
- ❖ Continue wellness program—review of points,take sheets and figure what points would be appropriate
- ❖ NRMA first aid class—Extention office-9-28 & 29
- ❖ Next meeting 10-19-15 @ 0700
- ❖ Kory requested to relieve duties of secretary as she feels she is not doing the job that everyone expects, Elly stated to would go to secretary
- ❖ Mtg adjourned @ 0804