

TEAM LIFE MEETING

9/1/10

8:15am

SSC-35

TL committee members: Kelly Falcone (chair), Lucy Nelson, Shawna Hearn, Terri Wallace, Jayne Conway, John Emerson, Scott Cathcart, Lacey Craft,

AGENDA ITEMS

Topic	Notes
✓ Committee Members (See attached governance sheet: Approved by SPC 5-17-05)	
✓ Move TEAM LIFE Office from ST-1 to Kelly's new office O-19 (move by 9/3)	
✓ REVIEW: 2009-2010 year <ul style="list-style-type: none">○ FALL: Steppin Out (26 participants)<ul style="list-style-type: none">▪ Tried to offer walks lead by a TL member, but low attendance○ SPRING: Biggest Loser (60 participants)○ Health Dimensions expo○ Halloween scavenger hunt walk	
✓ Committee Goals for 2010-2011 year: <ul style="list-style-type: none">✓ Activity ideas<ul style="list-style-type: none">○ Faculty Staff exercise class○ Friday Yoga Hour<ul style="list-style-type: none">▪ Have received a few emails hoping to continue▪ Emailed Wayne Tourda waiting for reply○ Promote San Marcos City recreation events<ul style="list-style-type: none">▪ 11/7 Annual SM trails day○ Biggest Loser?<ul style="list-style-type: none">▪ Have received requests to offer again.▪ When?○ Steppin out walking challenge?○ New walking maps?✓ Seminar ideas<ul style="list-style-type: none">○ Review: wellness expo held February 2010 (Health Dimensions)<ul style="list-style-type: none">▪ Seminar by Healthy Dimensions???▪ Health Dimensions provides:	
<p>Why Health Dimensions? We've been in business 16 years and we offer a broader range of services than can be found anywhere. Our program includes one Health & Lifestyle Expo, festive decorations, flyers and posters, goodie bags and complete event coordination PLUS a year of free and unlimited lunch-time speaker seminars, a subscription for every employee to our healthy living magazine (2 issues) and a monthly Health E-tips Newsletter. When you choose Health Dimensions, you can be assured you've chosen the best.</p>	
✓ Exercise Testing to begin in October	
✓ TEAM LIFE finances	
✓ Extras:	