**Wellness Council Minutes-December 11, 2016**

* Healthy Campus Week update
* PHA Healthier Campus initiative Update
	+ A coordinating committee that includes student, faculty, administrative and staff representatives and meets at least quarterly; (January &April 2017)
	+ Health and wellness education and activities for all individuals on campus;
	+ A promotion plan to market the wellness program through at least one online venue and three physical venues on campus;(Still need more)
	+ Provision of annual physical activity/movement and nutrition training for all resident assistants (RAs) to help them inform students about campus resources available for wellness. (Nov 28th, 2016 at the laker hall) – Next RA training on August, 2017
	+ Bicycle program - Nick
		- We have bikes but is not being promoted right now – demo program with RAC students for a rental system
		- Maintenance will fall back on RAC

Here are the answers from the “poll” I did with the Wellness Committee at our last meeting:

* Activities and Opportunities for fitness
* Campus Wide Health Information
* Health Education Newsletter
* Wellness Newsletter
* Engage students interns/workers to help in promoting wellness and getting out information about wellness info and events
* Provide activities and programming for faculty and staff fitness/wellness
* Be sure we are promoting ourselves (the wellness committee) to be sure people know we exist
* More “daily” events
* Promote wellness education on campus
* Create Health/wellness competitions between campus organizations or individuals!