

# UEA Staywell Committee Meeting

February 25, 2009

UEA Office 4:15 – 5 PM

- **Go Red for Women**
  - ~ \$425 donated to American Heart Association
  - ~ info. sent to media & Voice
  - ~ survey very favorable about Health Heart Presentation at IRC
  - ~ foresee more participation next year
- **Biggest Loser (Tami)**
  - ~ ends 3/6
  - ~ survey ready to send to participants
  - ~ photos of teams before/after & winning teams
  - ~ send media release
- **Race for the Cure (Tami) Saturday, May 30**
  - ~ register online or hard copy
  - ~ open to ALL UCS employees, parents, students (contact Hildy Corbett)
  - ~ fundraising possibilities??? (contact Tami with suggestions)
  - ~ wear “pink” on 4/9 & 4/23
- **Wellness Journey**
  - ~ member’s journey posted for 1 month
  - ~ Rose Varga’s will be posted for March
  - ~ Tami will encourage Biggest Loser participants to submit their journey
- **Business Partners**
  - ~ more new sponsors this month
  - ~ Daude Chiropractic, Eastpointe Shelby Chiropractic, & Health Quest
  - ~ support our sponsors
- **GLWC Grant**
  - ~ Wellness Conference June 23 – 26 (Traverse City)
  - ~ deadline for grant is April 7
- **UEA Challenge**
  - ~ March 30 – May 3 (1 week not listed is Spring Break)
  - ~ few changes this year on daily activities and Bonus Point activities
  - ~ no participants bags this year
  - ~ school with highest number of participants receives lunch from Mr. Pita
- **NEHFD – Wednesday, May 20**
  - ~ Poster being designed...will be placed in all UCS buildings
  - ~ #1 Participants are encouraged to wear appropriate fitness attire
  - ~ #2 Presentations at the IRC (4:15 – 5:30)
    - Denise – Coordinates refreshments
    - Leslie – Coordinates presentations
  - ~ #3 Earn a “Raffle Ticket” for each 15 minutes walked or jogged during the workday. Can walk with your students.
  - ~ #4 Hansons Running Store – 20 % discount that day...donate slightly used athletic shoes at their drop box
- **Wellness Programs in Schools**
  - ~ in the process of being updated

**Next Meeting**

**Wednesday, March 25**

**UEA Office 4:15 – 5:00**