

## **Staywell Meeting**

August 12, 2009

### **5K Trail Run & 1 Mile Fitness Walk**

#### **Swooper Flags**

- purchased
- 4 – yellow 2 – red
- Sharon will appliqué letters on red: UEA

#### **Posters**

- displayed in local businesses
- 2 provided for each building

#### **Ad**

- [www.runmichigan.com](http://www.runmichigan.com)
- 4 weeks - \$100
- 10,000 repetitions
- positive P.R.

#### **Registration Flyers**

- in member's mailboxes at start of school
- sponsor's logos on back

#### **Event t- shirts**

- sold ahead of time
- show support for event
- advertise
- positive PR
- proceeds benefit wellness programs
- Fitness Friday

#### **Speaker system???**

- Brian...check the one in UEA office

#### **C. Johnson status**

- placed on back burner
- possibly more realistic for next year
- time, energy, \$\$ best spent on our own programs
- Rose will continue to pursue resources

#### **Wellness Grants for members & students**

- use proceeds from 5K to fund 1-2 grants specifically for students
- Revision of letter and/or criteria
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#### **2009/2010 Calendar**

- Komen Race for Cure date not yet determined
- will start after Maintain Don't Gain is Over

## **Magnets**

- 17 cents
- sent to members in Oct.
- contents:
  1. MESSA Nurse hotline
  2. Staywell Logo
  3. [www.ueastaywell.org](http://www.ueastaywell.org)
- contact MESSA to ask for partial funding

## **1<sup>st</sup> Staywell Committee Meeting**

- Sept. busy...will start in Oct.
- Date to be determined

## **5K Volunteers**

Marking trail – Sat. , Sept. 26

9:30 A.M.

Denise drives course

## **Want to Walk the 5K Trail for fun??**

Meet at Caribbou (26 & VanDyke)

Tuesday, Aug. 18

9:00