

UEA Staywell Meeting
December 2, 2009
Central Office

Members present: Nancy Smith, Brian Vento, Denise Hirschmann, Rose Varga , Charlotte Furton-Walker, Diane Szfranski

AGENDA:

Maintain, Don't Gain

- Nov. 23 – Jan. 4
- If maintained pre-holiday weight by Jan. 14, click on to link provided to be entered into a drawing
- Final drawing on Jan. 4.
- Gift Certificates donated by Hansons & Dicks
- Yoga passes also will be used as prizes

Metro Park Passes

- Nov. 16 – Jan. 16
- 220 currently sold

National School Wellness Program

- Grant submitted
- Deadline was Dec. 1
- Recipients will be notified beginning of Feb. (\$250, \$500, \$1,000 possible)
- THANK YOU....Rose, Denise, Leslie, Sharon, David, Charlotte

Worksite Wellness Grants

- Deadline is Dec. 4
- Denise (Organizer) will be meeting with her committee on Monday, Dec. 6 to determine recipients
- Money for grants
 - \$250 – Michigan Education Credit Union
 - \$250 – Claudia Daude from Daude Chiropractic
 - \$500 – Kohls (used specifically for grants for our students]
 - \$1500 - From 5K
- Recipients will be personally notified via email & in weekly email to all UCS employees

- There will be a “Grant Reception” in January [date to be determined]
- Charlotte will file request to honor recipients at Board Meeting

Yoga & Zumba (Leslie)

- Classes going well
- Free Zumba on Dec. 8

Go Red For Women (Feb.)

- Presentation Organizer – Leslie Montgomery
- Presentations – Wednesday, Feb. 3 – 4:30 – 5:30 (topics to be determined)
- Location is needed – possibly Central Office
- “Wear Red” – Friday, Feb. 5
- “Create a Heart” – week of Feb. 1 – proceeds will be donated to local organization - possibly Henry Ford

Biggest Loser

- Tami Clark-Moore – Organizer
- January 8 – March 26
- Jodi will be working on poster & website design

Komen Race for the Cure

- Early registration for May 22nd race

Upcoming Meetings:

- February - will meet for lunch during Winter Break
- March 10 at 4:30 – Central Office

Next Meeting
Wednesday, Jan. 13
4:30 P.M.
Vince & Joes (25 & VanDyke)