

## **EGSC Wellness Committee**

**September 25, 2020**

**9:00 a.m.**

**Zoom Meeting**

### **Agenda**

The purpose of the Campus Wellness Committee is to raise awareness of healthy lifestyle choices for students and employees. Its functions are to educate and inform the campus community about healthy living and to offer programs and resources that highlight the benefits of healthy living and overall wellness, and to recommend policies and procedures as necessary to accomplish its purpose.

#### **Review Membership**

##### Committee Membership

Tracy Woods (Chair)

Linda Upchurch

Johnna Eaton

Stacey Grant (Wellness Liaison)

Shelia Bramlett

Nick Kelch

Jessica Williamson

Harley Smith

Charles Wimberly

#### **Wellness Champions for 2020**

Pam Adams

Beverly Walker

Veronica Cheers

#### **USG Well-being Resources and Events**

- Demo and USG Well-being Credits

- 2020 USG Wellness Events
  - USG Biometric Screenings (\$50) and Flu Vaccinations (\$10) – Oct. 13<sup>th</sup> 1:00 p.m. to 4:00 p.m.
  - Virtual Benefits Fair
- 2021 USG Wellness Events
  - Livongo (USG Digital Health Platform)
    - Diabetes
      1. Those with Diabetes – includes co-morbid
      2. Diabetes Prevention Program
      3. Weight Management Program
  - Money Mondays
  - Wellness Wednesdays

#### **Current Action Items**

- Frequency of Meetings

#### **Action Items for next meeting**

- Wellness Champions for 2021
- Identify Wellness goals for 2021 for employees and students