

Wellness Committee Meeting Minutes

1/9/19

Members attending: Jill Ayers, Erica Dyndiuk, Kristen Plocki, Robin Rood, Hannah Sobieski, Viv Irwin, Owen Langer, Robert Ayers, Emily Tooker, and Naomi Huband.

Themes for the next five months were agreed upon and they are:

January: Hydration

February: Heart Health

March: Mindful March

April: Spring into Action

May/June: Summer Safety

Through discussion it was decided rather than having a one night Health Fair for the community we could offer separate individual programs throughout the remaining school year. The recreation department is continuing to offer a variety of community programs for all ages such as karate, yoga, pickleball, and ski program. The town has organized hikes for all ages as well which are published on the Town website. The committee over the next couple of weeks will send out a survey to families to gather ideas for programing.

The Committee will reconvene on Jan. 23rd. to discuss program ideas.