Wellness Committee Meeting Minutes of February 7, 2014

I. CALL TO ORDER: Chair Gallagher calls meeting to order at 10:11 AM.

II. ROLL CALL
Members Present
- Chris Gallagher
- Everett Lai
- Stephanie Luna
- Jennivy Tabbay
- Monica Juarez

Absent Members
- Randy Saffold
- Jennifer Luna
- Angie Gonzales
- Raymund Cruz

III. ACTION ITEM - Approval of the Agenda
Motion: (Tabbay) to approve the Agenda. Motion Carries.

IV. PUBLIC COMMENT – Public Comment is intended as a time for any member of the public to address the committee on any issues affecting ASI and/or the California State University, East Bay.
No Public Comment.

V. INFORMATION ITEM – Goals for the quarter
- ED Saffold states that they originally had a Recreation and Wellness Committee but that committee was combined with the University Union Committee for a programming perspective. This committee can go beyond that and really look at health and wellness for the campus. He believes this committee should consider themselves more as a policy committee instead of trying to do a lot of activities – they can partner with other committees regarding activities.
- Chair Gallagher shares his ideas:
  - Wants to go more in depth with the smoking band
  - Trying to get more students to use the PAW services and RAW (fitness classes)
  - Help with Earth Week
  - Possibly helping with national fitness week
- The committee discusses having more marketing for the programs in the RAW center.
  - Market to freshmen in the GS classes
- ED Saffold suggests that a Wellness Resource Guide should be created to help enlighten students on where they can go on campus to be well.
  - The committee discusses different ideas that could be incorporated in this, like ones created by other schools using Google maps.
• **Angie Gonzales** states that Stephanie Luna had an idea to create an app for wellness services around campus.
  o Needs to collaborate with all of the campus’s resources.
• Chair **Gallagher** suggests that the committee can maybe give computer science majors a stipend if they create a wellness services app.
• **Jennifer Luna** asked the committee that as students, what do they believe is a wellness problem on campus?
  o Smoking on campus is the biggest issue.
  o Nutrition
  o Stress
• **Angie Gonzales** suggests outdoor demonstrations pertaining to the RAW.
  o **Jennifer Luna** questions whether nutrition or health is an issue for most students.
  o **Jennifer Luna** suggests that they can highlight and educate people about the healthy choices that restaurants offer on campus.
• Chair **Gallagher** wants to make a RAW Facebook page.
  o The committee discusses Facebook not being as popular as it was before and that other websites are more popular now.
• **Jennivy Tabbay** suggests a short video clips should be incorporated into marketing more than paper.
  o **ED Saffold** states that they can bring this idea to the Board.
  o The committee discusses the edible gardens on campus and taking a picture of it and posting it on Instagram to get more people aware of it.
  o Two different types of videos:
    ▪ 30 seconds but still informational
    ▪ About a minute short video, more of a fun informational series.
• **ED Saffold** states that he wants them to look outside the box and challenge the views of wellness.
• **Jennifer Luna** suggests that they ask students whether or not they would use a Wellness Map.

**43:55**

VI. **DISCUSSION ITEM – Meetings times**
Chair **Gallagher** addresses the following:
• Asks if Friday at 10 AM works for everyone.

**44:15**

VII. **ROUND TABLE REMARKS**
**Saffold:** After April 15, meeting times and spaces will become more difficult to book since all the offices will be closed down in the Old Union. So only the Bay view room and MPR will be available for reservation.
VIII. ADJOURNMENT
Meeting adjourned at **10:58 AM.**

Minutes Reviewed by:
**Wellness Committee Chair**
Name: Chris Gallagher

Minute Approved on:
2-21-14
Date: