Committee – Be Well
Meeting: Oct. 24th (USG Missed but got notes from another committee member.

Potential November Events:
Already planned:

- Mindfulness and Anxiety workshop (Kate from counseling) Nov 5, 11:45 - 1pm (see flyer)
- Residence life community service fair (not really wellness related)
- APO Resource Table 11/1/2018 - 11/6/2018 11-1pm
- Stress less workshops 3 meetings, 1 day every week

Not planned:

- Healthy holiday dinner at Mines Market
- Trail mix bar
- Fresh fruit bar
- Dogs on lawn
- No media week
- Grief presentation by Judy’s house

Anthem Tour, Be Well’s section is 11-11:30
Tour Wellness and health center
Tour rec center and visit a group X class if any is going on
Tour fitness measuring machine
Possibly eat at Mines Market for lunch
Determine what funding would be helpful and where.

Farmers market:
Just helping advertise

Other stuff:
Judies house is interested in hosting a presentation about grief sometime soon.