Wellness Committee meeting Minutes

10-16-23, 11:30 am.

⃝ Dee Cooper ⃝ Present

⃝ Alyce Webb Several members were absent due to class time conflicts

⃝ Brad Matson

⃝ Christi Hook

⃝ Greg Krause

⃝ Jason Johnson

⃝ Johnathan Kuhlmann

⃝ Karri Morrill

⃝ Kelley Larkin

⃝ Marie Head

⃝ Scott Harmon

⃝ Shannon Cranford

⃝ Summer McClure

⃝ Ty Shreck

1. Summer McClure will get a list of all the names of the weight lifting equipment in the Tonkawa Wellness Center and email to Dee Cooper. Dee will disperse the list to other members who will find a website link to a short, precise video of how the equipment is operated. Use Google search “exercise tutorial for weight equipment” or search YouTube. The links will go to Brad Matson who will create a QR code linked to the websites. The QR codes will be printed and laminated at the print shop. Then the QR codes will be adhered to the corresponding weight lifting equipment. Our goal is to have this in place for Spring 2024.
2. Summer McClure will conduct a Weight Loss Challenge in January 2024. Remember the 10: Couch to 5K in April 2024.
3. Summer would like to have a monthly/bimonthly simple email of “Today is National\_\_\_\_ Day” that fits the theme of wellness.
4. Dee Cooper will make a survey monkey for faculty and staff. It will be a list of types of wellness topics the faculty and staff would like to know more about. If there is enough interest, once a semester we would like to have a guest speaker and sack lunch. The speaker would have a 10–15-minute presentation over some topic of wellness. Alyce Webb volunteered to have a presentation over self-defense. We would like to have this effective Spring 2024 and have one per semester.
5. Several of the weight lifting equipment pieces are not repairable. If anyone knows of money or grants to replace equipment, please forward the information to Dee Cooper.
6. All meetings for the rest of Fall 2023 should be able to be conducted via email.

Respectfully submitted,

Dee Cooper



**Dee Cooper**
Mathematics Instructor
Northern Oklahoma College

1220 E. Grand Avenue
P.O. Box 310
Tonkawa, OK 74653
Phone:  580.628.6254
Fax:  580.628.6209
dee.cooper@noc.edu

[www.noc.edu](http://www.noc.edu/)