



Northland Community & Technical College Healthy Campus Committee

November 13th
11:00 am
Room #411A

Attendees: Peggy Rogers, Roby Hoffman, Robert Hunter, Shelly Koerber, Margarita Bracamonte

Topic		Discussion/Outcome
1. Call to Order		11:05 am
2. Approval of Minutes		Approved
3. Diabetes Awareness Tomorrow		There was discussion with updates regarding tomorrow's Diabetes Awareness day. A gift will be selected and presented to the Brown Bag Lunch speaker. A coffee mug was suggested. An e-mail will be sent again to students and staff as a reminder.
4. "Poker Walk" Update		There has been an average of 15 participants that have joined in the "Poker Walk" event each two weeks. There are enough prizes to continue through the fall semester.
5. <i>HealthTrip 2008</i>		<i>HealthTrip 2008</i> will begin January 8 th . It was suggested that an e-mail be sent before students and faculty leave for the Christmas break to remind them of this upcoming campus event. Diane will get this sent as soon as the information arrives from the Chamber of Commerce. Roby Hoffman has volunteered to be the <i>HealthTrip 2008</i> team captain for the student participants.
6. January Nutrition Month		Discussion/suggestions: <ul style="list-style-type: none"> • Nutrition Week January 28th – February 1st • Brown Bag Lunch January 30th • Dietician from Altru, Becky Westereng, will speak on "Portion Distortion /Healthy Choices" • All month around campus – posters with mirrors that ask the question; "What Do You See/How Do You See Yourself?" • Real life testimonials from someone who has suffered from bulimia or anorexia.
7. "Go Red for Women" February – Heart Month		National Wear Red Day, Friday, February 1, 2008. A suggestion was made to offer blood pressure screening in the commons one day in February.

8. Domestic Violence Awareness – March	Roby reported that she has contacted someone from the Community Violence and Intervention Center that could possibly speak on domestic violence in a Brown Bag Lunch setting. Discuss at the next meeting.
9. Adjourned	11:30 am

Next Meeting: December 11th @ 11:00 am