



Northland Community & Technical College Healthy Campus Committee

January 17, 2008

8:30 am

Room #411A

Attendees: Shelly Koerber, Margarita Bracamonte, Justin Berry, Roby Hoffman, Peggy Rogers, Bob Gooden, Robert Hunter, Diane Rapacz

Topic	Discussion/Outcome
1. Call to Order	8:35 am
2. Approval of Minutes	Approved
3. 2 nd Annual 5K	Making plans for the 2 nd Annual 5K on Saturday, May 3 rd : <ul style="list-style-type: none"> • Keep brochure the same as last year – use same logo • Diane will meet with Julie Olson to make date and time changes on the brochure • Different art on t-shirt • Add access to the application on the NCTC website home page • Start signing-up volunteers
4. HealthTrip 2008	HealthTrip 2008 began on January 8 th with twelve participants from the EGF campus. Roby reported that she also has some student interest.
5. January Nutrition Week	<p>Peggy will be putting up the mirror posters around campus... Who Do You See? These posters will help us to take a look at our eating habits; who we see in the mirror and trying to focus on who we are rather than how we look.</p> <p>There will be a "Brown Bag Lunch" presentation on "Nutrition". This is scheduled for January 30th at 12:00 noon in room #305B. Becky Westereng, a Dietician from Altru Health Systems, will be here to speak on "Portion Distortion - Making Healthy Choices".</p> <p>There will also be posters on "Nutrition" all around the commons area. A big thanks goes to the students in the Early Childhood & Education program for making these wonderful posters!</p>

6. "Top Health" Newsletters	There was some discussion with a decision to not subscribe to this newsletter, due to the high cost of each issue.
7. "Go Red For Women" Day	<p>Diane will send a daily "Love Your Heart" e-mail each day the week leading up to "Go Red for Women" day, February 1st.</p> <p>Blood Pressure checks will begin on Wednesday, February 6th – the schedule will be as follows during "Healthy Heart" month:</p> <p>Wednesday - February 6th - <i>Physical Therapist Assistant Students</i> - 11:00 am - 1:00 pm Wednesday - February 13th - <i>Cardiovascular Students</i> - 12:00 noon - 1:00 pm Wednesday - February 20th - <i>Fire Technology Students</i> - 12:00 noon - 1:00 pm</p>
8. Committee Membership	Richard Wills has asked to be removed from the committee. We will not be taking on any new members at this time, but will look at it again fall semester.
9. Miscellaneous	<p>Domestic Violence: Roby H. will get information to me regarding a speaker for a March "Brown Bag Lunch" on this topic.</p> <p>Frisbee Golf: A mini tournament was suggested. Maybe a "scramble" on the same day as the Student Life kick-off barbecue. Start advertising the Frisbee golf course when the weather gets nicer, via e-mail and the Pioneer News.</p>
10. Adjourned	9:15 am

Next Meeting: