



## Northland Community & Technical College Healthy Campus Committee Meeting

Thursday October 22, 2009  
EGF Campus Room 314

### MINUTES

Attendees: Rita Lealos, Erin Almlie, Angie Sand, Justin Berry, Shelley Koerber, Bobbie Taylor

Absent: Peggy Rogers

Topic	Responsible Party	Discussion/Outcome
Call to order		
1. Committee Members	Shelley	Welcome to Bobbie Taylor a new committee member
2. Planning ideas	All	<ol style="list-style-type: none"><li>1. Including Health Clubs in planning</li><li>2. "Laughter Yoga" Rita will follow-up on this for next semester and invite the yoga instructor to be on our committee</li><li>3. Health Tip of the Week: (Friday) Justin: Back Care Shelley: Exercise Angie: Cardiac Health Erin: "other" kids safety, etc. Bobbie: Diet Rita: Lifestyle Changes, emotional, mental health</li><li>4. Biggest Loser in January</li><li>5. 5K Grand Finale</li><li>6. Talk to Tony regarding Great Out with Respiratory Club</li></ol>

		7. Contact Clubs regarding Healthy Campus collaboration 8. Talk to Mary Fontes regarding funding and school involvement
3. Next Meeting		Next meeting to discuss November Smoke out, Biggest Loser in January and 5K Thursday November 5 <sup>th</sup> 11:00am room #314
4. Adjourned		12:00pm