EGSC Wellness Committee

September 25, 2020

9:00 a.m.

Zoom Meeting

Agenda

The purpose of the Campus Wellness Committee is to raise awareness of healthy lifestyle choices for students and employees. Its functions are to educate and inform the campus community about healthy living and to offer programs and resources that highlight the benefits of healthy living and overall wellness, and to recommend policies and procedures as necessary to accomplish its purpose.

Review Membership

Committee Membership
Tracy Woods (Chair)
Linda Upchurch
Johnna Eaton
Stacey Grant (Wellness Liaison)
Shelia Bramlett
Nick Kelch
Jessica Williamson
Harley Smith
Charles Wimberly

Wellness Champions for 2020
Pam Adams
Beverly Walker
Veronica Cheers

USG Well-being Resources and Events
- Demo and USG Well-being Credits
• 2020 USG Wellness Events
  o USG Biometric Screenings ($50) and Flu Vaccinations ($10) – Oct. 13th 1:00 p.m. to 4:00 p.m.
  o Virtual Benefits Fair

• 2021 USG Wellness Events
  o Livongo (USG Digital Health Platform)
    ▪ Diabetes
      1. Those with Diabetes – includes co-morbid
      2. Diabetes Prevention Program
      3. Weight Management Program
  o Money Mondays
  o Wellness Wednesdays

Current Action Items
  o Frequency of Meetings

Action Items for next meeting
  o Wellness Champions for 2021
  o Identify Wellness goals for 2021 for employees and students