

**Troy Area School District Wellness Committee
Minutes from November 15, 2022**

Facilitators: Bonnie Bixby, Chairperson

Committee Members Present: Jeanine Martin-Nurse/Community; Traci Gilliland-Business Admin/Parent; Holly Kibbe-Teacher/Parent; Courtney Sexton-NTIC Wellness Coordinator; Daneal Martin-Community Member

TASD Wellness Meeting was held on Tuesday, November 15, 2022, in the WRC Con. Room at 3:30 p.m.

The following items were discussed during the meeting

- Previous meeting minutes were reviewed and accepted on a motion by Traci with a second by Jeanine and all members were in favor.
- Staff Wellness-Update
 - Courtney Sexton-NTIC Wellness Program
 - September Challenge
 - Flu Shots
- Staff Wellness Day-May 17 Two 45 Minute sessions or three 30-minute sessions
 - Kick off-Dr. Elias (Betsey Seeley-Team Building) Commons Building
 - Courtney to create a Google Form for Breakout sessions.
 - Financial Management-Matt Geer
 - Investments
 - Retirements
 - Fitness Classes
 - Fitness Class-Louise Kafka 570-529-5493
 - Zumba-Doreen Secor
 - Yoga-Katie Seeley
 - Weight Room
 - Pilates
 - Self Defense Class-Mansfield
 - Employee Assistance Program
 - Weight Management-Dietician Amy Goss
 - Stress Management-Sara Gates
 - Free Period-Walk the Track
 - Cross Fit-Vanessa & Isaac Havens
 - Circuit Training
 - Meditation
 - Five Minute Massage
 - Healthy Cooking-Dustin Harper
 - Dirt Road Herbals-Denise Howland
 - Essential Oils
 - End with Prizes
- Health Fair for Students 2022-2023 School Year
 - WR Croman Crusaders
 - Trojan Day-All kinds of events including skating

There being no further business a motion was made by Holly Kibbe and seconded by Jeanine Martin to adjourn the meeting at 4:15 p.m.

The next meeting will be on Tuesday, January 17, 2023, in the WRC Conference Room.

Respectfully submitted, Bonnie Bixby, Chairperson