

MINUTES
March 10, 2023
Western Nevada College
Healthy Campus and Environment Committee
10:00am – 11:30m

_____	_____
	<p style="text-align: center;">Action Matthew Shafer motioned, Hilda Williams motioned Blue Zone. Discussion/Action</p>

Grant covers \$65k/year, 6-10 training sessions/year, grant started at the end of November but did not roll out until this Spring semester.

the n

Williams motioned ds. Committe

Lauren discussed bringing in guest speakers to the college and having grant money to use to do that. Nigel suggested a contact at the National Guard that might be interested. Nutrition speaker could be the first guest. Possibly utilizing our current faculty. Lauren has a certain amount of money for students and some for faculty. It was agreed that having speakers may help build a camaraderie at the college, build connections. Lauren discussed a possible Mental Health First Aid session at Fallon and maybe Carson this spring.

Wellness events were suggested; hiking off site or from the college, getting out in nature is good therapy.

Music therapy and discussed World Music Week April 10-15. Picnic, maybe a potluck. Grant money can not be used for food. Schedule upcoming events in April or May when warmer.

Wellness Day - Be Well Day for Faculty & Staff.

Schedule college-wide. Set date for Wednesday, May 3.

Brenda to create a shared file to schedule events. Best to have Faculty/Staff RSVP. Events: Yoga (Tawnie, Certified Instructor), Hike (Winnie, Geology Tour), Contact Stephanie A (Performing Arts) to see if any musicians want to play during the day, Arrange for guest speaker (Nutrition).

Earth Day in April - possibly schedule a mini community clean-up day during the week of April 24. Ask Jeff for bags and possibly offer food for volunteers. Add to April meeting agenda.

Discussion/Action