Meeting Minutes – Work Well Advisory Board
Wellness Center Conference Room
Wednesday, January 25, 2017, 9:00am

Attendees: Terry Wynne, Dustin Frize, Tammy Anderson, Aaron Kennedy, Karina Knutson, Rebecca Jacobson, Daphne Pedersen, Renee Nilsen, Karisa Gullickson, Andria Spaeth and Michelle Strickler. Excused: Krista Lynn Minnotte, Tanis Walch, Jessica Dunphy, Barbara Kitko, Pat Hanson, Steven Light, Rob Stupnisky and Monte Koshel

Minute Taker: Michelle Strickler

I. Minutes
   a. Motion by Tammy second by Michelle to approve.

II. New Member/Updates
   a. New Members
      a. Introductions of members and new coordinator.
      b. Sanford update: Karisa Gullikson shared slides of new presentation topics. She had no UND specific information at the time of the meeting but will pass along details when it comes in.

III. Strategic Plan
   a. Review of strategic plan – nothing has changed in the strategic plan since the board last met.
   b. AHA Workplace Health Index
      i. Discussion was held on the benefits of trying to achieve the award. Terry inquired if there is another program available instead of the Index. Andria & Michelle will look into alternatives.
      ii. Daphne inquired about the use of different incentives for participation such as a day off work.
      iii. More clarification was requested by the board about the Index and the weighting of the questions.
      iv. The board decided to move forward with trying to achieve a recognition level through the AHA Index. Further decisions will be made once more information is gathered.
   c. Upcoming Programs
      i. Wear Red Day Photo Contest – February 3
      ii. Health Screening – March 8
   d. Stretch

IV. Budget Discussion
   a. Proposed cuts were discussed.
      i. Dustin suggested seeking donations from appropriate vendors to contribute supplies at events such fruit/veggies for the State Employee Recognition Week and Spring Fling. Dustin volunteered to help compose a letter to Food Services of America.
      ii. Fundraising was brought up to help off-set the budget cuts but the general consensus was fundraising would not be allowed.

V. Adjournment: 9:55am Motion by Tammy, second by Terry