



DISTRICT 64
WELLNESS COUNCIL

December 2, 2014

In attendance: M. Arnold, P. Yurkovic, A. Bielenda, P. Sammons, M. Sutschek, L. Heinz, M. Temari, A. Hendley (AHA)

AHA Red Out Day: Allison from AHA

Allison presented information about the American Heart Association's "Red" Campaign, and invited our district to participate. This would bring awareness to the importance of heart health. Wellness Council will plan to hold an Awareness Week the week of Feb. 9, 2015. Educational materials will be provided by AHA, as well as ordering materials to order red t-shirts, at a cost of 10.00 Staff members will be given an opportunity to order them.

In addition, the AHA is partnering with Park Ridge Whole Foods for a benefit day. Part of the proceeds (5%) of sales that AHA receives will be used to donate educational materials to our district, to benefit students.

Whole Foods Birthday Party-Nov. 8th, 2014

Several WC members attended the event as representatives.

Healthy Cooking Demo-Oct. 29, at 3pm Emerson #220

Very nice demonstration, and well-attended by staff: approximately 30 participants

Toilet Talk: Just for the Health of It

This was well received last year and there is an interest to keep the flyers going. Margaret will email Kelsey Engle to inquire whether she would like to continue the project.

Healthy Lunch Rewards

Lunch supervisors will continue this student activity (raffle tickets given to students who bring healthy lunches)

Pedometer Challenge

Will discuss with T. Gleason at next meeting

Next Meeting: Tony Clishem-guest

Date: 1/27/15