

 fitSRJC Standing Committee

**Meeting Minutes**

Wednesday, September 12th, 2018

1. **Note taker–** Amy
2. **All PFC dates filled with yoga**
* Yes; keep yoga sessions in mat room, not outside
* Who will open door to mat room? Campus police? Kim will find out if door can be open
1. **Evening fun runs update**
* Hector hadn’t heard yet if anyone was coming
1. **SRJC Challenge kick off Update**
	* + - If no sign ups we can delay it a week
			- Separate reminder to be sent 9/13
			- All fit members encouraged to participate in challenge
2. **Brown bag on nutrition – Jill Tarver**
* Have a practice with our committee first before presenting as a PFC, do in early November for talks
* Karolina will follow up with Jill Tarver; maybe a Tuesday?
1. **fitSRJC funding – possible purchases**
	* tshirt quotes; $75 set up fee will be waived; offer to committee members at cost
	* $20 for women dri fit; $20 mens dri fit; $30 women nice tank
	* All items in grey or sports graphite; Kim will do order form
	* Mic set up purchase done
2. **Audrey Lebaudour to do mindfulness for PFC session–**
	* Kim will check again
3. **Press Release – Erin**
	* Maybe at the end of the semester
4. **Insider fitSRJC Health and Wellness tips – Robin**
	* 1st one coming is “5 minute meditation”
5. **Audrey Lebaudour to do mindfulness for PFC session–**
	* Kim will check again
6. **Community Ed course update – Kim**
	* No updates, not this fall, KAD has other calendar that supports the teams, maybe spring 2019
7. Board report on hold and press release on hold
8. **Next agenda items**
	* Briana support; healthy diploma; help gather data
	* Wellness wheels; model after USF
	* Do a newsletter
	* Highlight a department; profile it; coaches; ambassadors

**Next Meeting:** September 26th

**Members Present:** Maria, Robin, Karolina, Erin, Brianna, Nicole, Kim, Amy, Hector