Hamilton Community Schools

Wellness Meeting

December 4, 2024 (3:30 pm.)

Administration Office

**Attendees,**

Brad Lusk, Brinley Nieuwenhuis, Sara McIntyre, Katie Betten, Kaylee Dykema,

Paul Keene.

\*The wellness committee discussed staff wellness and how we might promote physical wellness by way of a step challenge for all staff members.

\*We decided that we would contact Zach Harig to help in steps to inform the staff members of the challenge.

\*Prizes would be given to the top three finishers in total steps for the challenge.

\*Paul will contact MVP Sports to check on the possibility of a 2-3 month membership for the first place winner. Hawkeye “swag” given to the second and third place winners.

\*Paul and Kaylee to check on discounts for MVP Sports and F45 Gym also for staff members as an additional way to promote physical wellness.

\*Hoping to start the challenge in February.