



2018 Focus Areas: NEWC Newsletter, Urban Trail, be nice @ City High School

Meeting Agenda

Thursday November 15th, 9:30-10:45 AM

CNA Community Room (205 Carrier NE)

Welcome, Introductions, and Wellness Warm-up (15 minutes)

- Get a glimpse of our new website
- Guess what? We secured \$500 for general operations!
- Sandy Roguska, Teter O&P

Learning Together (20 minutes)

- Gail Zandee - Calving College Public Health Nursing Survey Results

Creating Opportunities for Health & Wellness

- Group Work: Healthy Living & Mental Health (25 minutes)
 - Healthy Living: Nancy Brubaker, plant based nutrition; work session
 - Mental Health: Abby Clayton, organization of MH at schools; work session
- Report out (10 minutes)

Sharing Resources (5 minutes)

- Around the Table - Member sharing

Notes:

Next meeting: December 20, 2018 at 9:30 - 10:45 AM