



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

Meeting Agenda

Thursday October 18th, 9:30-10:45 AM

CNA Community Room (205 Carrier NE)

Welcome, Introductions, and Wellness Warm-up (10 minutes)

- Gaby Guzman, GVSU MPH student (5 min)

Learning Together

- Sherri Vainavicz, 211 (10 minutes)
- Network exercise (10 minutes)

Creating Opportunities for Health & Wellness

- Group Work: Healthy Living & Mental Health (20 minutes)
 - Healthy Living: Trail fundraising piece, assignments
 - Mental Health: be nice
- Report out (10 minutes)

Sharing Resources

- Around the Table - Member sharing (10 minutes)

Notes:

Next meeting: November 15, 2018 at 9:30 - 10:45 AM