

SAS Meeting Minutes for December 8, 2015
Special Meeting for January Workshop Details
9:00-10:00 am; 116 Haggar Hall

Attending: Eileen Barany, Kelli Brown, Laurie Mastic, Darlene Nowakowski, Marie Revak, Maribel Rodriguez, Rhonda Singleton, Terri Sweeney

Meeting called to order at 9:02 am

Door Prizes:

1. Terri reported –
 - a. Morris Inn – 1 night stay
 - b. Therapeutic Indulgence - \$20 gift card
 - c. A&L Dean's Office – 1 Brick
 - d. Bookstore contacted – waiting to hear back
 - e. RecSports – T-Shirt (s). We were hoping for a gift card for a class or training session. Tabitha has not responded, yet. Rhonda will contact.
 - f. Nicholas J. Salon – waiting to hear back.
2. Marie reported –
 - a. Chicory Café – providing a basket of goodies
 - b. DTSB Gift Cards – we would need to purchase. She will ask Mo if she could get a small amount of money from the Dean to do so.
 - c. Tried a couple of yoga places but received no response.
3. Laurie reported –
 - a. 3 pair of Pilsners glasses
 - b. 2 pair of wine glasses
 - c. 1 individual wine glass
4. Kelli offered to contact Yesterday's and Kilwan's. She will also follow-up on those who have not responded.
5. Decided to have one big drawing. Line up the items, pull a name for first item, and so on until the items are gone.

Presenters:

1. **8:30-9:00** Dr. Cindy Bergeman from ND Psychology department – “How Stress Gets Under the Skin: Implications for Health and Well-Being”.
2. **9:00- 10:00** Chef Steve from Victorian Pantry – “Healthy Eating” and samples will be provided.
3. **10:15-10:30 Break**
4. **10:15-11:15** Dr. Lindholm and Melanie Fair from Natural Family Health Chiropractic—“Benefits from Using Chiropractic and Massage for Whole Body Health” and “Essential Oils 101”
5. **11:15-11:45** Tabitha Ashford from RecSports
6. **Noon-1:30** Lunch and Drawings for Door Prizes
7. Laurie will introduce each presenter.

Email Staff:

1. The title of the workshop is “What's your Stressor?”
2. State that lunch is provided, a Mexican Buffet. Ask to be notified of any Dietary Restrictions.
3. Arrive by 8:15, so we can start promptly at 8:30
4. Coffee, tea, and water will be available.
5. RSVP by Dec. 18

6. We will need to have a projector for PowerPoint available. We will want a few of us to walk-through to determine the best set-up.
7. We must have the final count 3 days before.

Meeting adjourned at 9:40 am.

Minutes respectfully submitted by Laurie Mastic 12/11/15