

February 15, 2012

Classified Connection Meeting, UW-Whitewater
University Center, Room 69

Meeting called to order at 1:30 p.m.

Julie Ridgeman opened the meeting and introduced our guest speaker.

17 classified staff members were present.

Whitney Henley, Wellness Coordinator for University Health & Counseling Services, presented her program on Wellness Strategies. Individuals were encouraged to come up with a strategy to deal with one of five areas in their lives where they may want to make improvements. We were asked to share with our table mates and then the larger group. Whitney spoke about the EAP opportunities on campus and handed out information for the W3 Community Wellfest 2012. She provided materials regarding other free and/or low cost services offered by University Health and Counseling Services including free Yoga classes and low cost massage services.

Michelle Bertucci, student representative for the Tobacco-Free Campus Coalition, was initially scheduled to speak, but was unable to join us. Whitney filled in for Michelle and presented the findings of the Tobacco-Free Coalition and asked for feedback. Feelings about the idea of creating a smoke free campus were mixed. Whitney invited everyone to contact her by e-mail or in person later if they did not feel comfortable sharing their opinions with the group.

There will be no general meeting in March. Please plan to attend the **Classified Staff Awards** event on Wednesday, March 21, 2:30-4:00 p.m., in UC-275 (Old Main Ballroom).

Submitted by Tricia Borchardt,
Classified Connection Committee member