



Science
Undergraduate
Society

HEALTH AND WELLNESS COMMITTEE
MEETING MINUTES

The Science Undergraduate Society of UBC c/o Science Student Information Centre, Room A150 - 6221 University Boulevard, Chem/Phys Bldg., UBC, Vancouver, BC V6T 1Z1. Telephone: 604-822-4235 - info@sus.ubc.ca - www.sus.ubc.ca

SUS Health and Wellness Committee Meeting

Monday, October 17, 2016 – 5:00PM | Abdul Ladha Rm 103

Important things

To-do

Date of Meeting: Monday, October 17th, 2016

Location: Abdul Ladha Science Student Centre

Call to order:

The meeting was called to order at 5:02 PM.

Attendance:

Markus

Katelyn

Avery

Jason

Vrinda

Michelle

Cyndi

Jennifer

Regrets:

Sam - Councillor

Ice breaker!!



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What is HeWe

- Goal: look out for health and wellness of science students
 - Focusing on school so much, but pay attention to health too :)
 - Stress and eating well (FREE FOOD)
- Working with Mental Health Advocacy
 - Focus on mental well being and destigmatizing mental health
 - Upcoming: Thrive Week (yoga)
- Biggest event: dog days
 - Plan a couple of smaller events as well!
 - Create a structure and document successes vs failures and use this information in the future

Ideas that we have!!

- Collaboration with different clubs
 - Ex: Jazz cafe (*vote: everyone*)
 - Have a jazz night, open mic, chill, can perform
- **Food fest every month** (or even bi-monthly) (*vote: everyone*)
 - Bring container, donate money, and get FOOD, OR bring ingredients and do it
 - Collaborate with food society and/or food club (Spoon University)
 - Include cooking lessons
 - **Cooking videos** (ex: tasty)
 - **Bring ideas of recipes for next meeting**
 - Once a month, release videos with easy, yummy, healthy recipes
 - Do ourselves or with another club
 - **Ask about photographers/videographers**
- October: candy OR veggies and fruit!! (have a bowl at the front desk, people take one)



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- 200 (2 big boxes of bars)
- How do we make it more HeWe
 - Add jokes, health facts, have cards next to the candy/tape the to the card
- Recumbent bikes (in the spring) (*vote: everyone*)
 - Rent out stationary bikes and put them in courtyard & have a biking session
 - Possibly with an instructor
 - Email rec if would they be willing
 - Public, anyone can join in, can do it for 10 minutes in between class
- Have small monthly events that people can look forward to
- Lemonade stand/hot chocolate stand (*vote: everyone*)
 - Have a cart and giving it out to people (promote our events during this)
 - Fun facts/quotes
- Christmas special
 - Secret santa
 - Take one leave one
 - Giving resources and facts at every event
 - Research info for these
 - Maybe collect them all and have a prize at the end
- Constantly have a positive quote/message of these
 - Put up decorations!!!
 - Exam goody bags
 - Food, stationary, stress balls
- Cat Days! (*vote: everyone*)
 - Vocra - bring in kittens who are up for adoption
 - Tea too?!?!? Cat cafe?!11!?!?!111
- Make facebook page, instagram, twitter!!
 - Promotion, knowing that we exist
- Pancake breakfast outside
 - Good for commuters, social breakfast
- Dog days is staying
 - Upcoming: November 1st or 2nd with St John's ambulance



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- **Look into places that do dog therapy** (or other animals) in Vancouver
- De-stress test
- Collaborate with yoga clubs on campus, we take on after Mental Health Advocacy thrive week with monthly yoga

Flush out a timeline for these next meeting

Look into how much \$\$\$ we got

- **Jackets??**

Logo

- The squares that are all the same
- Some light blue colour
 - Black and white + colour version

Social

- In 5 days!!!
- Dinner?
- Start at 5 pm and choose your own adventure from there
- **Confirm about social**

To Do:

1. Next meeting: Bring ideas about recipes to film for videos
2. Confirm about the social!
3. Ask SUS about photographers/videographers for our food videos
4. Look into places that have dog/cat therapy in Vancouver



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5. Brainstorm/research facts and/or quotes to display/handout with our smaller events
6. Look into our budget and how much we are able to spend on everything
7. Email rec if we could use their bikes sometime in the spring (not urgent but probably sooner rather than later)

Adjournment:

The meeting was adjourned at 5:04 PM.

Michelle Lisonek
Health and Wellness Committee Secretary