



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, November 7, 2016 – 5:00PM | Abdul Ladha Rm 103

Important things

To-do

Date of Meeting: Monday, November 7, 2016

Location: Abdul Ladha Science Student Centre

Call to order:

The meeting was called to order at 5:04 PM.

Attendance:

Markus

Katelyn

Avery

Jason

Michelle

Regrets:

Sam - Councillor

Vrinda

Cyndi

Jennifer



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1) Budget

- a) We have \$1500 yay!

2) Free Coffee

- a) Approach starbucks by friday
- b) If no deals, get instant coffee
- c) In return for coffee - like our insta or fb
 - i) Ask graphic people for business card
- d) Doodle for coffee days
- e) Make a sign "Free Coffee"

3) Dog Days

- a) Did we hear from cat days?
- b) No response from Sam's company

4) HeWe Social

- a) Poll to see what days available
 - i) Week of 21st-25th

5) Check what your designated event

- a) Do your event description

6) Check about Wellness Wednesday

7) Cooking videos



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- a) Went really well!
- b) Oats & sandwich
- c) Think about recipes for the future (simple)

8) crewnecks

- a) Black! (can't wear grey with sweatpants)
- b) **Poll**
 - i) Black
 - ii) Grey
 - iii) Add your own colours

To Do:

1. Approach 1 coffee shop to ask for sponsorship
 - a. Talk to managers, don't go during peak hours
2. Make a "Free Coffee" sign for event
3. Ask graphic people for business card
4. Doodle for coffee days
5. Poll to see when people are free
6. Put your rough descriptions in the timeline!
7. Wellness Wednesday???
8. Create poll for facebook for crew neck colour

Adjournment:

The meeting was adjourned at 5:36 PM.



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A handwritten signature in black ink that reads "Michelle Lisonek".

Michelle Lisonek
Health and Wellness Committee Secretary