

## Wellness Committee Update

Recently we concluded the Wellness Challenge Program for the past Winter semester. We wish to thank all those in the Religion Department who contributed articles each week. A special thank you to John Thomas who coordinated the articles each week! We will again have a Wellness Challenge Program for Fall semester and hope each of you will make a commitment now to join a team. If you have questions, please call or e-mail Larry Wickham.

The committee has been working on some new activities in which to be involved. The first event will be a Health Fair in cooperation with Madison Memorial Hospital and Madison School District. Please mark your calendars now for the date of **Saturday, August 24**. This will be at the same time as the Madison County Fair, so there will be a number of exciting booths, vendors, and activities. Among the booths new to our Health Fair will be a bicycle rodeo for the children, distribution of bicycle helmets, one dealing with the functions of the brain, and a special room to illustrate how to get out of a burning house. We are also hoping to work with the Madison School District to see how the Health Fair can be integrated into the various classes they will be teaching during the school year. We will still have many of the previous vendors including the blood draw, insurance information, hearing and eye testing, plus much more. Many plans are still in "production", but it should be a great opportunity for people of all ages.

We will not have a Wellness Challenge Program during the summer, so you will be on your own to set your goals. If you establish three goals and fulfill them, we will reward you with a gift. To get involved with this program, please send your goals to Larry Wickham. At the conclusion, you will need to report how you did and ask for your gift. We are also open to ideas you would like to suggest.

(Submitted by Larry Wickham, Wellness Committee)