



University Council

CAMPUS WELLNESS COMMITTEE
Goals for the UC year ending August 31, 2025

Chair: Kris Kraft Officer Term: FY24-25

Vice Chair: Judy Juvancic-Heltzel Officer Term: _____

Secretary: TBD Officer Term: _____

Goal	Priority Number	How Will Goal Be Measured?
<p>Contribute to faculty & staff wellness initiatives through coordinated and direct programming and outreach.</p> <p>Coordinate RooFit program for UA faculty and staff during Spring Semester 25'. Program will use existing, and improved upon, policies to incorporate as many dimensions of wellness as possible. The Recreation and Wellness Committee has a goal of enrolling 150+ participants into the program.</p>	<p>1</p>	<ol style="list-style-type: none"> 1. Overall Number of participants enrolled in the program <ol style="list-style-type: none"> a. Improved registration goal, by creating new divisions, that participants can self-enroll into b. Incorporating new “bonus-points” for participants to earn. This will allow participants to utilize multiple wellness options for earning scaled points. 2. Through a coordinated RooFit Kick-Off event that will double as a Health Fair. The event will feature UA Departments that contribute to employee wellness, allowing interaction and communication directly to participants.
<p>Development of new campus wellness program modeled after Westchester University Banana Day, designed as a stress relieving program prior to final exams. Idea is being workshopped to include support of a philanthropy into the program, for example Akron Heart Walk. Program would be available and marketed to multiple user groups; students, faculty, staff, etc..</p>	<p>2</p>	<ol style="list-style-type: none"> 1. Program would be measured via participation from various campus user groups. 2. Measured by post event program evaluation and whether it met the intended goals of participant groups. 3. If deemed an important metric, program success could be measured by financial impact to chosen philanthropy

<p>Contribute to the advancement of wellness initiatives across campus(es) for UA faculty and staff.</p> <p>Assist in promotion of various wellness initiatives across campus(es) that contribute to betterment of UA faculty and staff; educational opportunities, programming & events.</p>		<p>participation by interested UA faculty and staff.</p> <ol style="list-style-type: none"> a. Opportunities can be educationally based; participation in Run-Hide-Fight program, Mental Health First Aid training, QPR (question-persuade-refer) training, Radical Health, Stop the Bleed, etc... b. Opportunities can be programmatically based; participation in themed monthly offerings by various campus departments; ie: awareness weeks c. Opportunities can be event based; participation in Wellness Fair, participation in wellness events with sister schools (MAC or Ohio)
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