

Hey Everyone!

Here's what we did at last night's meeting:

Meeting Events:

- Sara M. shared with us the Motivation Interviewing technique (in counseling), that she learned at the Symposium on Adolescent Health Issues from earlier in February...thanks Sara ☺

- Break-Out Groups for semester activities...
 - o Safe Spring Break
 - Safe SB kits will be put together at next meeting
 - Will hand kits out 3/10 at clock tower & Whitney
 - o Community Garden
 - Will research locations (Franklin elementary, Childwatch??)
 - One-time event
 - o Nursing Home visit
 - Will research locations & activities
 - One-time event

Upcoming Events:

- Next meeting March 7th at 7pm (120 Mitchell)
 - o Come early at 6pm: Preceptorship Sharing Session w/ Dr. Jecklin
- April 11th: Successful Interviewing w/ Angie Lee from Career Services
- April 18th: (tentative) Options after Undergrad panel (faculty, employers, students)
- NOT DISCUSSED AT MEETING...but something to think about: Neighbors Day on Saturday, April 24th at Myrick Park (Katie H. will have more info. at our next meeting)

Other Info.:

- Yoga teachers wanted!!
 - o 1st graders at Northern Hills Elementary; Fridays 8.30am-10am
 - o Contact Alyssa Buchmann if interested!!!
- National Wellness Conference July 17th-22nd
 - o Check it out/register at: www.nationalwellness.org
 - o apply for optional travel funds!

Have a good week everyone!!!
ESG execs