

Eta Sigma Gamma,

Here are the things we went over tonight:

I. Introduction

- Eta Sigma Gamma is a National Health Education Honorary
- More info can be found at www.etasigmagamma.org or www.uwlax.edu/etasigmagamma
- Find us on Facebook by searching "**UW-L Eta Sigma Gamma-Beta Phi**"

II. Meeting Info

- Meeting dates for the rest of the semester: **10/4, 10/18, 11/1, 11/15, 11/29 (ESG Social), 12/6**
 - *all meetings are at 7:00pm in room 259 Cartwright Center
- **Gala:** the date is set for **December 12th from 12:00-3:00pm** and will take place in the Cleary Alumni Center on campus
 - * start thinking about ideas for donations and searching for any unwanted books to be sold

III. Group Breakout Session

- **Research/Advocacy**
 - Topics: body image, college eating habits related to stress and exercise, October is breast cancer awareness month, drinking habits, carbon footprint
- **Fundraising**
 - Ideas: Chancellor's Suite Raffle, Dunk tank with professors, Chicken Q, Applebee's Pancake Breakfast
- **Socials**
 - Ideas: Socials after service projects, hosting day long clinic/social, bluff hike, ESG meal
- **Service**
 - Topics: H1N1 advocacy, Relay for Life, Young Women of Influence
- **Speakers/Education**
 - Representatives from Options Clinic, AIDS Resource, Coulee Council on Addictions

IV. Announcements

- ESG t-shirts are being designed, possibility of fleeces, polos as other options
- Look at website for **travel/conference opportunities (See attachment)**
- **FIRST SOCIAL!** Meet the members of ESG at **Myrick Park at 12:00pm on Saturday, October 24** to enjoy an **ICE CREAM SOCIAL** and attend the UWL home football game!
- **Volunteer Opportunities**
 - Teaching Yoga at Northern Hills Elementary 8-10:30am Friday mornings
 - La Crosse Area Health Initiative: work with youth tobacco cessation, program and activity planning
 - Contact Susan Lundsten, (608)-775-5442, smlundst@gundluth.org
 - Work at the Aid Station during Oktoberfest with Changing the Risky Drinking Culture Coalition
 - Workers needed 9/25 from 7:00-9:00pm, 9:00-11:00pm and 9/26 9:00-11:00am
 - Contact Blair Weyler if interested, weyer.blai@students.uwlax.edu

We are excited to get this years projects underway, meet the new faces, and catch up with the old!
Welcome back to the start of another great year for ESG!