

APSU Women's Club
Minutes
January 19, 2012

In Attendance: Diane Sperry, Juliette Roake, Candace DeSantis, Marjorie Perrault, Theresa Everett, Tammy Cunningham, Rose Austin, Phyllis Whittaker, Carolyn Schillinger, Gina Garber, Joanne Shepard, Beth Chancellor, Jackie Struckmeyer, Kay Wadia, Julia McGee, and Marian Perron.

Old Business

Diane Sperry opened the meeting by reading a card received from the Project Linus group, thanking the Women's Club for the blankets, material, yarn and money that was given to this organization. A picture of all the items donated was passed around for the members to view. A sign-up sheet for desserts, paper products and beverages was available for members to volunteer to bring items for future meetings.

Program

Candace DeSantis introduced our guest speaker, Dr. Becky Glass, Professor of Health and Human Performance who spoke on the topic Getting Healthy – Inside and Out.

Dr. Glass gave a wonderful presentation on getting healthy which included a very detailed power point presentation. She stated that there are five factors that affect a healthy lifestyle. Those being: smoking, blood pressure, diet, stress and exercise. She stressed the benefits of exercising and strength training and that it was never too late to begin a program. She encouraged the group to get outside and walk as well. The health benefits of hiking include: weight control, increased stamina, stress reducer and mood enhancer and improved agility and strength.

The meeting adjourned at 1:00 p.m.

Those in charge of refreshments for February 9 meeting:

Dessert – Debbie Poston

Drinks – Kay Wadia

Paper Products – Carolyn Schillinger

Ice – Joanne Shepard