



WELLNESS COMMITTEE	
<p>The PSU Wellness Committee promotes a culture of multi-dimensional wellness through education and encouragement designed to inspire and empower healthy lifestyles among the PSU Community.</p> <ol style="list-style-type: none"> 1. Physical: The ability to maintain a positive state of health and well-being; the role you take in maintaining your body for strength, vitality, and energy. 2. Mental: The ability to adopt a balanced and realistic perspective on life, while coping with emotions and everyday stressors in a healthy and effective manner. 3. Occupational: The ability to achieve a balance between school, work, and leisure time, addressing stress and building relationships with co-workers, family, and peers. 4. Financial: The ability to manage current and future financial situations, while living within your means. 5. Environmental: The livability of a community's surroundings and each individual's responsibility to protect, nurture, encourage, raise awareness, and support the physical environment. 6. Social: The ability to establish and maintain diverse and inclusive relationships with people in our world. 7. Spiritual: The ability to process and understand beliefs, values, and ethics which help guide one's life. 8. Intellectual: The ability to maintain an active and open mind which contributes positively to one's personal pursuits, group interactions, and community involvement. <p>One-year term</p>	
CHAIR/MEMBERSHIP	MEMBERS (18/19)
<p>Dr. Jason Kegler, Chair Assistant Vice President for Student Life</p> <p><u>Membership includes:</u> Executive Assistant</p> <p>Associate Director of Campus Recreation</p> <p>Mental Health Counselor</p> <p>Sodexo</p> <p>Housing</p> <p>Mid-Level Medical Provider</p> <p>Program Coordinator for Campus Activities</p> <p>Assistant Professor</p>	<p>Dr. Jason Kegler, Chair X4945, ckegler@pittstate.edu</p> <p>Sara Peak</p> <p>Steven Lilly</p> <p>Madison Estrada</p> <p>Kelly Fincher</p> <p>Allison Ouellette</p> <p>Carrie Farrington</p> <p>Taylor Panczer</p> <p>Sarah Ball</p>
<p>Recent Actions and/or Accomplishments: Purpose is to become the central repository for all wellness presentations and opportunities (excluding academics and intercollegiate athletics). Maximize resources, reduce redundancy, present a unified front, conduct wellness assessment.</p>	