

Date: November 5th, 2018

Call to Order: Ashley Desplinter, the SHRM vice president, called the meeting to order at 5 pm.

Announcements: SHRM officer nominations were due today, November 5th. The deadline to register for the end of semester celebration is November 12th.

Attendees:

Paw Htoo

Anela Iriskic

Josh Miller

Lauri Graham

Tiara Hatfield

Doug Averill

Clarissa Bailey

Andrew Gerdes

Ashley DeSplinter

Cole Lonergan

Delyn Ruser

Agenda: Matt DeWild from Integrated Functional Health spoke about stress and how to relieve it using holistic methods. Integrated Functional Health was started 6 years ago. Stress can cause back and shoulder pain and migraines. Stress can come from school, work, depression, and much more. Integrated Functional Health uses mindful meditation, neuro linguistic programming, and more to help people with stress. Matt DeWild demonstrated one technique that he uses Integrated Functional Health. Integrated Functional Health also uses floatation tanks and an infrared sauna to take stress off of the body.

Meeting Schedule:

Monday, November 26th - Officer Election

Friday, November 30th - End of Semester Celebration at Blackhawk Bowl and Martini Lounge
from 6-8 pm