

The Recreation and Wellness Committee will discuss event ideas for collaboration with the Recreation and Wellness Center, specifically the Pause for Paws event.

G. Villegas shares that Janice has reached out to collaborate on the "Pause for Paws" event, which is very popular on campus. Janice suggested three potential event dates: February 27, March 27, and April 24. For February 27, Janice is considering a self-love theme, and G. Villegas plans to focus on body positivity. Inspired by **Deepthi Bhimanapati's** "Hey! Be Nice" event, G. Villegas intends to set up a photo booth with DIY props featuring body-positive affirmations, encouraging students to take pictures and post them on social media. G. Villegas is asking if anyone has additional ideas to enhance the event. **P. Ayyagari** suggests enhancing the self-love theme by incorporating therapy oils, body creams, and hand creams to create a self-

Earth Day or sustainability-themed event on April 24. She proposes a rock painting activity, which was originally intended for the last "Pause for Paws" event but was postponed due to illness. G. Villegas suggests utilizing the already available rocks for this activity and notes that the only item still needed is paint. **N. Desale** suggests using mini canvas in addition to the rocks. **P. Ayyagari** recollects an event hosted by DISARC where the participants were given out small plants or seeds of different kinds of flowers which they can take home and plant it. **G. Villegas**, suggests about painting the pots and mentions that she could collaborate with Jana Ramos in order to split the budget with her.

10:55

C. DISCUSSION ITEM- Spring Plans: Brainstorming

The ASI Recreation and Wellness committee will talk about general ideas recommendations for upcoming events this Spring 2025.

G. Villegas shares plans to collaborate with Jennifer Luna, who oversees recreation, to host a pop-up event for the H.O.P.E. Pantry. The event would involve giving away items such as fruits or sealed products like granola bars, offering students a "grab and go" option. G. Villegas believes this event could serve as a way to promote the pantry and encourage students to book appointments, as many may feel intimidated by the process. The pop-up would aim to showcase how easily accessible the H.O.P.E. Pantry is to students. **S. Annapureddy** appreciates the idea. **N. Desale** suggests that when showcasing items from the H.O.P.E. Pantry during the collaboration, the focus should be on promoting healthier options. While the pantry may have a variety of items, **N. Desale** emphasizes highlighting the healthy products, such as fruits, and focusing on the health aspect of the offerings. **G. Villegas** suggests adding tags to the items at the pop-up event with helpful information, such as a cute quote on how to book an appointment with the H.O.P.E. Pantry and including Instagram links for both ASI and the pantry. However, they express concern about a new insurance policy related to distributing food, which could complicate the plan. G. Villegas plans to reach out to Jennifer Luna first to confirm whether this is feasible for the H.O.P.E. Pantry. **N. Desale** suggests that if there are policy issues preventing the distribution of food at the event, they could instead showcase the available items at the H.O.P.E. Pantry. She proposes creating a chart or printed list highlighting the products that can be found in the pantry, along with a QR code for students to register. This would provide an alternative way to promote the pantry without distributing the items directly. G. Villegas discusses plans for a Naloxone workshop in collaboration with Dr. Spencer Wong, noting that a similar workshop was planned last year but did not take place. The goal is to educate students on how to administer Naloxone and recognize signs of alcohol poisoning, especially as spring

and summer approach, which brings more parties and events like raves. **G. Villegas** expresses a desire for the event to be educational but interactive, rather than a traditional seminar. She mentions struggling with how to make the workshop engaging and not just a demonstration or lecture. **S. Annapureddy** shares an idea for a segment where participants measure the amount of alcohol they are consuming. For example, if it's wine or whiskey, they would pour a specific quantity into different glasses. This activity would allow individuals to see, right in front of them, whether they are over or under the recommended limits for alcohol consumption. **G. Villegas** plans to host the workshop at the UU Walkway, as it is a convenient location for students, particularly those rushing to class. The idea is to offer quick giveaways, ensuring that students who may not have time to attend the full workshop still have access to useful resources or information. **G. Villegas** shares an idea for a St. Patrick's Day event inspired by Valentine's Day. The plan is to invite various campus resources to set up stations. Students would collect golden coins at each station and trade them at the "end of the rainbow" station for a giveaway basket contributed by all the resources. **G. Villegas** also suggests incorporating a Squid Game-inspired element, where each station could feature a game, and students would compete for prizes at the finish line. The goal is to engage students and bring all the resources together in one location for easy access. **G. Villegas** believes this would attract a good turnout, especially if the event is fun and interactive. **N. Desale** mentions the Community Women in Leadership group at the university, which is organizing a summit with a sustainability theme. The event will take place on March 8th, which coincides with International Women's Day. **N. Desale** suggests the possibility of collaborating with the group, either by presenting at the event or offering help in other ways.

21:40

VIII. SPECIAL REPORTS

G. Villegas shares that she recently hosted an event called "Love Responsibly," where she distributed candies to students and provided sexual health information. This included details on campus resources like Plan B availability and abortion services at the student health center, aiming to raise awareness about underutilized resources. Despite being held inside the Union, the event had a strong turnout. **G. Villegas** also expresses how the collaboration with Title IX and peer advocates for Wellness was effective in drawing more students, suggesting that future events should focus more on collaboration rather than individual efforts.

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Recreation and Wellness Committee Meeting Minutes February 12, 2025

Final Audit Report

2025-03-05

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