



**Member Matters: Wellness and Mental Health
Chat Log
June 15, 2021**

- 12:04:21 From Susan Estep (she/her/hers) : Thank you!!!
- 12:04:45 From Mary Hall-Rayford : Thank you!
- 12:04:55 From Jessica Totty : Hello everyone - Jessica Totty from Port Huron school district
- 12:05:35 From Mary Hall-Rayford : Good afternoon! Mary Hall-Rayford, Eastpointe Community Schools
- 12:18:58 From Don Wotruba : As you think of questions for Rhonda, please put them in chat.
- 12:31:51 From Rhonda Jones : Good job Stacy!
- 12:32:06 From Susan Estep (she/her/hers) : I appreciate the MASB Wellness emails :-)
- 12:32:19 From Stacy Bogard, MASB : Thanks Susan!
- 12:33:33 From Stacy Bogard, MASB : Are there any wellness programs or practices your district has implemented that have been successful or any that haven't?
- 12:34:35 From John Siemion - GHAPS, OAISD & MASB : Grand Haven has a Wellness email that comes out every Monday.
- 12:35:01 From Don Wotruba : Good job Grand Haven!
- 12:36:37 From Don Wotruba : Questions from anyone about setting up a program or other questions?
- 12:41:28 From chineva early : Eastpointe Community has had building level programs such as Yoga also we have discount for gym membership s.
- 12:44:56 From Stacy Bogard, MASB : Thanks for sharing John!
- 12:44:57 From Susie Atwood - Clare Public Schools : Thank you, Rhonda! Interesting topic and so helpful as always.
- 12:45:06 From De'Shondria Bedenfield : Thank you Rhonda!
- 12:45:09 From Rhonda Jones : Thank You!

12:45:10 From Annie Covert : Such an important topic. THANK YOU!

12:45:16 From Stacy Bogard, MASB : Thank you Rhonda--fantastic information!

12:45:17 From Susan Estep (she/her/hers) : Thank you!

12:45:17 From Mary Hall-Rayford : Thank you for the information!

12:45:29 From Jessica Totty Port Huron Area Schools : Thank you for your time great
session

12:45:30 From Stacy Bogard, MASB : Get outside everyone!