MVC Active Minds

November 4, 2014

Agenda:

- Review Halloween valley success
- Plan to advertise club for new members
- Go over Veteran’s Day event

Minutes:

- Veteran’s Day event activities
  1. Write notes to veterans in patriotic folder
  2. Sign banner
  3. Talk about symptoms of PTSD
  4. Set up at 12:30
- November 25 “Stressors” 12:30- 2:00pm (Stuff the Turkey)
- Reviewed lesson plan for Active Mind’s activities
- Went over November 19 workshop

Ideas:

1. Stress management
2. Sexual assault
3. Promote bystander
4. Avoid procrastination
5. Nutritionist