

CBA Health and Well-Being Committee Minutes, 5-3-17

Call to Order – Chair Tabitha Hochsheid called the meeting to order at 12:08 pm at the Cincinnati Bar Center. Jim Bogen, Bob Buechner, Pat Garry, Jan Hatcher, Susan Jackson, and Chuck Strain were present.

A. Minutes – Minutes of the April 5 meeting will be presented for approval on June 7.

B. Subcommittee Matters

1. Balanced Living Lecture Series

- a) Gary Powell's presentation on "Meditation as a Lawyer" is set for June 27.
- b) Dietitian Aaron Dorphin may present "Eating for Performance" in 2018.
- c) Sean Mangan may present "Finding Your Career Fit" in early November.
- d) Life coach Jeff Raker may present in 2018.
- e) We may reduce the series to three per year.

2. Balanced Living Column Series

- a) We may spotlight lawyers and their stress-relieving techniques this year.
- b) Stephen Billmann's article on sleep is in the May *CBA Report*.
- c) Gary Powell will write on meditation and stress for the June *CBA Report*.
- d) Roz Florez may write on domestic relations work and stress for July.
- e) Body-builder Rachel Paine may write on physical fitness and stress for August.
- f) Judges Powers, Greenberg, Lisa Allen, and Bill Mallory may be invited to write.

3. CLE Presentations

a) Tabitha and Jan have met with Jen Wright and Meridan Peters, who have submitted a syllabus for an eight-session program on enhancing performance through breathing and meditation. They might do a teaser program for free. Maybe they could do two 15-minute exercises within a one-hour professional conduct CLE program.

b) Bob suggested a program: "Reprogramming Our Minds: What Addicts and Lawyers Have in Common in the Quest for a Better Life."

c) Bob's earlier idea about a financial seminar is on hold.

C. Miscellaneous

1. Fund-Raising – The CBA Foundation approved funding for the Balanced Living Lecture Series.

2. Committee Cooperation – Vicki Garry of the Women Lawyers Section may want to hold a joint meeting.

3. Speakers for Monthly Meetings – Susan is working on this project.

4. Long-Range Planning – Nothing significant discussed.

D. Future Meeting Dates: June 7, July 12, August 2

Adjournment – The meeting adjourned at 12:50 pm.

Respectfully submitted,

Chuck Strain

Chuck Strain, Secretary