

## **CBA Health and Well-Being Committee Minutes, 7-12-17**

**Call to Order** – Chair Tabitha Hochsheid called the meeting to order at 12:04 pm at the Cincinnati Bar Center. Jim Bogen, Bob Buechner, Gary Powell, and Chuck Strain were present.

**A. Minutes** – Minutes of the June 7 meeting were approved.

### **B. Subcommittee Matters**

#### **1. Balanced Living Lecture Series**

- a) We discussed auditory sleep aids and Gary's June 27 presentation on "Meditation as a Lawyer," which was very well-received.
- b) Sean Mangan may present "Finding Your Career Fit" in early November. He's been invited and given optional dates.
- c) Life Coach Jeff Raker may present in the winter.
- d) Dietitian Aaron Dorfman (previously referred to here as Erin or Aaron Dorphin) may present on "Eating for Performance" in the spring.

#### **2. Balanced Living Column Series**

- a) We're spotlighting lawyers and their stress-relieving techniques this year.
- b) Roz Florez' article on domestic relations work and stress appears in the July *CBA Report*.
- c) As Rachel Paine fell through, Susan Jackson will write in August on stress for young lawyers.
- d) Bob may submit a chapter of his book on the psychology of investing.
- e) Jim proposed an article on healthy choices for the holidays.

#### **3. CLE Presentations**

- a) Bob's program on financial fitness is targeted for September 28.
- b) Walter Smitson may present in November on "Managing Stress to Optimize Performance."

### **C. Miscellaneous**

- 1. Fund-Raising** – Nothing significant discussed.
- 2. Committee Cooperation** – Tabitha will soon have lunch with Julie Jones of the Northern Kentucky Bar Association to discuss a joint CLE event.
- 3. Long-Range Planning** – Nothing significant discussed.
- 4. Speakers at Monthly Committee Meetings** – This will start in 2018.

**D. Future Meeting Dates:** August 2, September 6, October 4

**Adjournment** – The meeting adjourned at 12:40 pm.

Respectfully submitted,

Chuck Strain

Chuck Strain, Secretary