



COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

**January 25, 2016 Meeting
Cultural Arts Centre (City Centre)
7:00 p.m.**

Agenda

The mission of the Health & Wellness Advisory Committee is to engage citizens through education and the pursuit of healthy lifestyle choices, including proper nutrition, physical activity, and overall wellness habits.

The goals of the Committee are to:

- *Partner with healthcare experts and educators to identify healthcare issues and concerns of interest to our community,*
- *Communicate with citizens and local businesses regarding the promotion of healthy lifestyle choices, and*
- *Promote citizen involvement in activities and events that support proper nutrition, physical activity and overall wellness habits.*

A. Call to Order

B. Pledge of Allegiance

C. Roll Call

D. Approval of Minutes: November 23, 2015

E. Public Comments

F. Items of Discussion

- a. Review of Committee Goals**
- b. Top 3 topics of interest**
- c. Article Topics for 2016 (Spring, Summer, Fall, Winter)**
- d. March 7 Event (Community Forum)**
- e. June 4 Event (Bike, Kite, Fishing & Family Health Event)**
- f. Member Updates**

G. Next Meeting: February 22, 2016

H. Adjournment