



COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE

February 22, 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.*

Focus topics for 2016: substance abuse, mental health, and healthy lifestyles including obesity

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

- March 30th Event (Community Forum- Suicide and its Prevention)**
- Partners for Progress Update- Don Kalicak**
- June 4 Event (Bike, Kite, Fishing & Family Health Event)**
- Member Updates**

G. Next Meeting: March 28, 2016

H. Adjournment