



**COMMUNITY HEALTH & WELLNESS ADVISORY COMMITTEE**  
**February 23, 2015 Meeting**  
**Cultural Arts Centre (City Centre)**  
**7:00 p.m.**

*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.*

**Agenda**

**A. Call to Order**

**B. Pledge of Allegiance**

**C. Welcome new alternate member – Daniel McElfresh**

**D. Roll Call**

**E. Approval of Minutes: January 27, 2014**

**F. Public Comments**

**G. Items of Discussion**

- a. Confirmation of Officers - Chairman**
- b. Review of Committee Goals**
- c. Review of Committee's past activities**
  - **Evaluation of our successes**
  - **Identification of what needs to be repeated**
- d. Plans for 2015**
- e. Bike & Kite Event**
- f. Blue Zone Community**

**H. Next Meeting: March 23, 2015**

**I. Adjournment**