

Health and Wellness Committee Meeting Minutes
August 08, 2017

Members present: Eva, Erika, Liz, Diane, and Matt W

New Members: Christine from Univest, and Tonya from Young Living Essential Oils

Topic- New and Old Business

1- **Committee Chairs:** Eva Poliquin and Erika Ashman are committee Co-chairs

Contact info for Eva poliquie@gmail.com ph 484 547 4770:

Contact info for Erika esa3911@gmail.com ph 610 790 5257

2- **Old Business**

Allentown Rescue Mission- Garden project- Wendy at the ARM emailed Erika and things are going well. They are maintaining their garden

Mission Statement:

This committee is about helping to educate our community to have a healthier and balanced life. We look to provide information on health, nutrition, and fitness through community outreach events.

3- **New Business:** **This still needs to be addressed-** Need to find out from Kevin if he viewed the info Linda had shared with us.

<http://lehighvalley.findandgoseek.net/category/outdoor-activities>

<http://visitpa.com/pa/lehigh-valley/outdoor-recreation-0>

Idea for New Projects?/ Events?-

Discussed the Fall event for kids/adults at Whole Foods-

Decided to call the event the FAMILY HEALTH & WELLNESS FALL FEST

Date: October 19th, 2017 5-8 pm

Great ideas and discussion regarding the fall event.

We decided to plan the event for inside WF, with tables throughout the store. If we secure the MOCK Bedroom, we can have it set up outside, and there will also be physical activity set up in the area by the pub.

We will have a store map that will be given to us by Matt V or Kaitlyn, to lay out the vendors and let visitors know what is there.

Limit to 10 vendors, we thought we could charge a small fee for the table, and this could help with supplies for pumpkin painting. Perhaps \$10 for participation, and it could go to the LVBG fund.

Ideas for event-

*-Univest would like to participate and have a table for financial wellness services
-Fruit/Veggie Carving activity/demo- Eva already spoke to co-worker Jean to help with this.*

-Penn State Ext- Nutritionist(Liz are you contacting Penn State)

-Felted Animal lady- (Diane are you contacting the felt lady?)

-Yoga Instructor- Do we need Yoga and Marital arts?

-Chris Practor- not sure whose contact this was and what he will do?

-Soap making person?

-Finger Knit demo from Circle of Season (Liz/Erika contacting?)

-Khainder Creations (I think this was your contact Diane?)

-Mock Bedroom for Heroin Awareness (Eva to contact)

-CPR signups (if Eva decides to do this, I will create a sign up sheet)

- Essential Oil demo- Tonya Robinson

Activities to also include would be a Basket filled with 10 odd fruit/veggies for kids to guess

Scavenger hunt to promote WF exploration- would have to find things in the store.

We also would like to encourage the kids/parents to meet with team members in the various dept and have them tell about the dept/specials.

Matt V at WF also shared that they can get some food samples through the marketing budget.

Event Marketing: FB, LVBG website, EAST Penn and Parkland School Districts, Post on LVHN marketing board, Post at Circle of Seasons

Matt V would like Kaitlyn to finalize a flyer since graphic arts is her specialty. Will connect with her. Matt can you share her email?

Other events to consider:

We discussed moving forward with another “soup challenge type event” We will put our thinking caps on for a new venue, and if it will be soups or something different.

We would like to have a planned list of educational programs that we could start marketing to schools, and educate students in small groups. (Mark/Carl have you had any thoughts on planned events?)

- 4- Next meeting- September 12th, 2017 @ 530pm-? See you there with some thoughts/ideas. *Kevin mentioned maybe having a speaker come to a future meeting. Maybe someone from Rodale???* Of another interest? Any thoughts?**