



LEHIGH VALLEY
BUSINESS GROUP



Health and Wellness Committee Meeting Minutes

February 7, 2017

Members present: Matt Reppert, Committee Co-Chair, Eva Poliquin, Committee Co-Chair, Erika Ashman, Committee Volunteer, and Kevin Cope, Pres. of LVBG

Topic- New and Old Business

1- Matt shared that he was having consistent conflict of interest with his work and volunteerism. He asked if he could step down from his role, and Erika has been a dedicated volunteer, and wanted greater responsibility, so she will be the new Committee Co-Chair, along with Eva.

2- Old Business

Current projects on the horizon:

LVBG First Annual Soup Challenge- February 25, 2017 2-4pm- So far we have 8 different soups that will be made by Professional and Amateur chefs alike. We have room for 2 more soups, so spread the word

CPR class- At this time we decided there is no particular need for a scheduled class, but we thought we could post the offer on our FB page.

Bucket Project for Bethlehem School- Donegal Elementary School would like to have a garden bucket project at their location. Kevin will follow up with them regarding the number of buckets they will need, and what day of the week works better for them. We are striving for the week of May 15-21

Allentown Rescue Mission- Garden project

1- Salvation Army Women's Shelter- Garden Project

Both of these projects need some extra volunteers. We brainstormed regarding who we could reach out to. Some suggestions, Penn State Corporative Extension, Boy Scouts, Girl Scouts, Penn State regarding rain barrels and seeds, Also explore grants, Particularly Home Depot grants



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Revised 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- Committee needs

Volunteers needed for projects above- We need you and your friends/family to help with the cleaning out of the old garden areas at the two locations. We need volunteers for planting (when the time comes). We also need to gather buckets for the projects. Chick-fil-A is a great location to obtain buckets. They are fairly easy to clean and they don't have any harsh chemicals

4- New Business: Erika is now the new committee Co-Chair, contact info : gmail account < esa3911@gmail.com

Kevin would like us to come up with 20 Different things that Health and Wellness members could do without grammar. He wants to post the resources and have them hyperlinked for accessibility

Examples of the links- Hiking, Allentown parks, Hawk Mountain etc...

5- Next meeting- **March 14th, 2017 @ 6pm Hope to see you then!**

Kevin wants us also to give him a list of the needs for the women 'shelter, so he can inquire of the boy scouts if they can help with cleaning out the garden and perhaps purchasing wood to make raised beds . This should be a collective effort.