

**Health and Wellness Committee Meeting Minutes**  
January 9<sup>th</sup>, 2018

**Members present:** Eva, Diane, Fred (Welcome Back!), Liz and Matt

New Members: Presenter- Daniel Owusuh from Greenway natural pest control

**Happy 2018 !**

Topic- New and Old Business

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

**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.*

**Idea for New Projects/ Events from our November meeting?-**

Here are some ideas that were shared and ones that Kevin thought of:  
Let's see which ones the committee is willing to do

1. Public / Round table panel discussions – Liz has taken charge of inviting speakers to our monthly meetings- topics of interest... Homeopathic Meds/ Healthy Eating/ Gardening and Essential Oils
2. Easton Area Community Center – Has a Garden area with a greenhouse. We have been invited to work with the kids in their after school and summer programs to do a 5 gallon garden project with them
3. Allentown Rescue Mission Garden (We would work with new director)- No new updates at this time, but we will be in touch with them before spring
4. Soup tasting in Feb – talked a about hosting another event except this time trying to generate some revenue for the HW committee to use for other events.- At this time it doesn't look like we can move forward with this project before winters end. We are lacking consistent member interaction to develop this properly

5. 5 gallon bucket gardens- Tyler in November gave us an additional source for Buckets. Apparently Dickey' BBQ has lots of buckets to give away. They have their pickles in them. **We need to start collecting buckets from either Dickey's BBQ or Chick fil A for the Easton project.** **Kevin will have to let us know the number of kids involved**
6. Health & Wellness Fair – Liz from Lincoln Tech shared she would love to have a HW event at the school. We can also focus on education for single parents, as a lot of the students are single moms. Tyler also mentioned that Northampton Comm. College hosts an event each spring that we can participate in. – **Eva attempted to look on NACC' website to see if I can find anything on their calendar and it appears it is not available to view for the public. Will have to do some more inquiries**
7. Tricky Tray to raise funds for LVBG - we can include this with maybe the H&W fair (I am not clear what a Tricky Tray is, but it was mentioned that we could use this to help generate some funds.) We can discuss this further
8. Generational cook off event- this is an event that Kevin has had near and dear to his heart. Having a grandparent/grandchild or parent/child cook off. We didn't elaborate on this, but it's something we can consider for future events. **Kevin we need your thoughts regarding this, and what it will look like before we can plan it**
9. Some type of Therapy classes - Sip and Paint- Hosting an event like this is a possibility, but we already shared that WF has one of these events at the pub. Plus they get pricey.
10. Farm Fest (Kevin to check with mimi) – **Kevin to elaborate?**

Others that may overlap or be of interest of other LVBG committees are our monthly pet and nature walks, cleaning up a park in March- **Kevin do you know the dates for these events?**

- 3- **New Business:** Liz to coordinate the speaker for Feb. Diane expressed interest in doing educational classes/presentations for WF, or our group. She will develop a topic list, and time limit needs so we can arrange this with her.
- 4- **Next meeting- Tues. Feb. 13th, 2018 @ 600pm-? Please arrive a little before 6pm so we can give the speaker our full attention** See you there with some thoughts/ideas.

*Any other thoughts or comments please email the group so we can see them prior to our meeting*