

**Lehigh Valley Business Group Health and Wellness Committee**  
**Monthly Meeting Minutes February 13, 2018**

**Members Present-** Erika, Kevin, Diane, Fred, Matt V., Liz

**New Members-** Andrea Barnes (Empower Nutrition & Wellness), Jen Schuster (Integrative Nutrition Health Coach), Serena Chyung, Leo, Melanie

Topics New and Old-

**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.*

**Speaker-** Jen Schuster is an Integrated Nutrition Health Coach. Jen explained her approach to clients and shared many helpful preventative tips to stay healthy during the Winter months. She has a holistic approach to healing and believes in the practice of bio-individuality when working with her clients.

## **3- Upcoming Projects**

- 1) **Easton Area Community Center (EACC) bucket garden project in May-** We need to collect 60 5 gallon buckets. Suggested places to collect buckets- Chic-Fil-A , Dickey's BBQ, or other fast food restaurants, they typically use the large 5 gallon pickle buckets.
- 2) **Soup Challenge in Fall-** (Erika/Eva) Start looking for places to host with a commercial kitchen and serve safe clearances. Possibly another shelter or church? *Safe Harbor Easton-* Erika will contact
- 3) **Pet & Nature Fest-** May 6th, possible bucket garden project! Need more 5 gallon buckets. Held at Camel Hill Farms

- 4) **Health and Wellness Fair at Whole Foods**-Planning for September on a weeknight.
- 5) **New Event**- Monthly Pet & Owner Walk.

#### **New Ideas-**

- 1) **Fit Club**- possible fitness challenge
- 2) **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.
- 3) **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.
- 4) **Farm Fest**- Kevin needs to get more info.

#### **Next Meeting- 3/13**

**Speaker**- Diane Achatz- Renewed Vitality Health & Fitness Coaching. Diane will be taking us on a store tour of Whole Foods for those who have Diabetes or Prediabetes to learn more about the foods we should avoid.

#### **Upcoming Speakers:**

**April**- Possibly Andrea Barnes?

**May**- Carol Cannon-Feng Shui tips for healthy living & her bowls

**Suggested Speakers**- Nancy Walters Easton Hunger Coalition, Local Farmers, Essential Oils, Chefs

Be well everyone! See you next month.

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

*Thank-you*