



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

Members Present- Kevin, Diane, Fred, Liz, Andrea Barnes, Jen Schuster

New Member: Ryan Dunphy (THRIVE)

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

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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 Projects

- 1) **Easton Area Community Center (EACC) bucket garden project in May-** Erika is connecting with Elizabeth to find out more
- 2) **Soup Challenge in Fall-** (Erika/Eva) It was brought up about partnering with Emmaus Farmers Market and ask all the vendors to take part. This way when anyone comes to the market, they'll get a sample and recipe of their soup and we'll have voting for best soups
- 3) **Pet & Nature Fest-** May 6th, possible – not getting the vendors as we wish to at this point. Will update the status at next meeting
- 4) **Health and Wellness Fair at Whole Foods-** Matt wasn't in attendance as we need info. – on hold until next month
- 5) **New Event-** Monthly Pet & Owner Walk. Next one is March 24th. Meeting at Lehigh Canal Park, Weissport. More info. Can be found on the website / calendar
- 6) FarmFest – Found out they are no longer doing this due to low turnout of vendors, etc.



New Ideas-

- 1) Fit Club- possible fitness challenge – no word from them
- 2) Health & Wellness Fair – Nothing to report
- 3) Tricky Tray to raise funds for LVBG – Nothing to report
- 4) Ryan announced he does group hikes and we welcome to learn more about helping to spread the word

Next Meeting- 4/10

Upcoming Speakers: Contact Liz if you are interested or have a topic of interest

- April- Andrea Barnes Andrea is now co-owner of EMPOWER Nutrition & Wellness, LLC, a private practice focused on helping clients form health habits, improve their lifestyles, manage their health and empowering them to be the best versions of themselves. In addition, this past August she began a role as the first regional in-store dietitian for Weis Markets, Inc. for the Lehigh Valley.

“She will be doing a presentation on making healthy food choices to age with grace”

- May- Carol Cannon-Feng Shui tips for healthy living & her bowls
- June: Farm Tour at Flint Hill Farms in Coopersburg – family event
- July:
- August:
- September:

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

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

Thank-you