

City of Asbury Park
Mayor's Wellness Committee

Meeting 12/13/2017

1:00 PM

Minutes

Attendees: Mike Manzella, Lisa Lee, John Moor, Wendi Glassman, Jessie Ricks, Lena Siddiqi, Allison Cerco, Doug Eagles

1. CPR Training on 12/19
 - a. Sign-ups are starting to come in
2. Other Future Events
 - a. Fitness in the Park
 - i. Plan is to organize a series of winter month events at the Boys & Girls Club, two Zumba, one Yoga and one Aqua Zumba
 1. Doug to confirm the space is available and any insurance issues
 2. Agreed on timeframe of 11am-12pm on Saturdays – Jan. 13th and 27th, Feb. 10th and 24th
 - ii. Potential for use of the Senior Center as well as the Transportation Center for courses
 - b. Healthy Food/Cooking Demonstration
3. Healthy Town Applications
 - a. Mike will create Google doc to allow collaboration
4. Coordination with Alliance for a Healthier Asbury Park
 - a. Discussion of Ciclovía in Fall 2018
5. Reviewed 2018 Meeting Schedule
6. Other Business Items
 - a. Next Healthy Corner Store event is January 17th at Sheffield's 2:30-4:30pm