



Mayor's Wellness Committee

Regular Meeting 2/7/2020

1:00 PM

Conference Call # (515) 604-9867

Access Code: 668765

Agenda

1. Healthy Town Designation application submitted
2. Cooking with Heart – February 29 @ 10:30am
3. March Madness Basketball Tournament – March 14th @ 11:00am
4. Summer Concert Series – Springwood Park – Summer
 - a. Healthy Giveaways (kites, frisbees, jump rope, water bottles)
 - b. Social media health challenge
 - c. Dance break between acts
5. August (first week) – health screenings – Digna at VNA to lead
6. Tailgate for Health – September
7. Senior Health Fair – October
8. New Business