



Mayor's Wellness Committee Meeting 1/10/2020

Minutes

Attendees: Mike Manzella, Michelle Gladden, Adrian Searight, Wendi Glassman, Lisa Lee, Andrea Tarr, Linda Savino

1. Discuss 2020 Activities
 - a. Healthy Cooking – February at Second Baptist Church
 - b. March Madness Basketball Tournament – March 14th
 - i. To be held at Boys & Girls Club
 - ii. Decided on 11am – 5pm
 - iii. Reach out to Rebounds in Neptune to gather teams to play
 - iv. Hold other activities at same time elsewhere in the Club such as health screenings and Aqua Zumba
 - v. Hold “showcase” games with seasoned teams (APHS? Monmouth U?)
 - vi. Involve youth, teens and adults
 - vii. Hold three-point and free throw contests to engage all
 - viii. Serve lunch (donations from catering companies, Surf Taco, Jersey Mike’s or Luigi’s Pizza)
 - c. Summer Concert Series – Springwood Park – Summer
 - i. Ideas
 1. Healthy Giveaways (kites, frisbees, jump rope, water bottles)
 2. Social media health challenge
 3. Dance break in between acts led by HS dance team
 - d. August (first week) – health screenings – Digna at VNA to lead
 - e. Tailgate for Health – September
 - f. Senior Health Fair – October
2. Healthy Town Designation Application
 - a. Wendi and Lisa to work on this