



Mayor's Wellness Committee Meeting 1/11/2019

Minutes

Attendees: Mike Manzella, John Moor, Pam Montemurno, Wendi Glassman, Allison Cerco, Lisa Lee, Lena Siddiqi, Doug Eagles, Nina Summerlin

1. Winter Series at Boys & Girls Club
 - a. Second Saturday of each month, 1pm-3pm
 - b. Feb. 9th – Swimming Instruction with Recreation Committee, Aquatics Director
 - c. March 9th – March Madness Basketball Program with Recreation Committee
 - i. Guys and Girls, Adults and Youth
 - d. April 13th – Aqua Zumba

2. Healthy Cooking Demonstration
 - a. Plan for Kula Café with Chef Bilal, Wendi will help
 - b. Tentatively Saturday, February 16th at 5:00pm
 - c. Co-sponsor with InterFaith and/or Kydz

3. Conserve Wildlife Foundation → identifying new frogs, willing to do a free lecture to the community and start a citizen's science project, community would monitor the frogs in Sunset Lake and elsewhere
 - a. Dates – Sunday, February 3rd, February 4th, February 8th, February 12th, February 13th, bunch of weekdays, give people the tools to do this on their own
 - b. Co-sponsor with Sunset Lake Conservancy and Surfrider
 - c. Springwood Senior Center, Thursday, February 7th at 6:00 PM

4. Healthy Town Designation Application
 - a. Reviewed application