



Mayor's Wellness Committee Meeting 11/9/2018

Minutes

Attendees: Mike Manzella, John Moor, Doug Eagles, Pam Montemurno (Marquis Health), Wendi Glassman, Lisa Lee, Lena Siddiqui, Andrea Tarr (S.C.A.N.)

1. Winter Series at Boys & Girls Club
 - a. Second Saturday of each month, 11am-1pm
 - b. Jan. 12th – Calisthenics with Councilman Kendle
 - c. Feb. 9th – Swimming Instruction with Recreation Committee
 - d. March 9th – March Madness Basketball Program
 - e. April 13th – Aqua Zumba

2. Healthy Cooking Demonstration
 - a. Plan for Kula Café with Chef Bilal
 - b. Saturday in February
 - c. Co-sponsor with InterFaith and/or Kydz

3. S.C.A.N. On-Wheels
 - a. Diabetes Self-Management – 6-week curriculum, each session 2.5 hrs
 - i. Includes physical fitness activity
 - ii. Suitable locations may include Senior Center, Robinson Towers, Asbury Tower, Public Library or Ocean Family Success Center
 - iii. Meet with Doug Schultz on possible locations/participants

4. Committee Fair on November 29th → Wendi will speak