

Stockbridge Area Wellness Coalition Meeting

Thursday, October 16, 2014, 6:30 p.m. Heritage Elementary School Cafeteria

SAWC Board members:, Brian Johnson (Chair), Molly Howlett (Secretary), Mary Gibson, Andrea Place, Tonya Sexton, Jo Mayer (Vice Chair), Susan Lockhart, Kelly Schmidt, Emily Stewart

Sub-Group Chairs: Eat Better—Mary Gibson, Avoid Unhealthy Substances—Tonya Sexton, Making Healthy Connections—Paul & Jo, Move More—Jo Mayer,
Stockbridge SRSLY Coordinator: Emily Stewart

Agenda

6:30 p.m. – Welcome and introductions

6:35 Partake of potluck fare

6:40 –(Between mouthfuls) Sub-Group Updates & Review draft 5 year plan

Eat Better

Avoid Unhealthy Substances

Move More

Wellness Center

Making Healthy Connections

Review 5 year plan

7 p.m. (or so) Get seconds/dessert and move into book discussion groups

Next meeting is scheduled for November 20 at 7 p.m. in Room 108 at the old Middle School

Agenda will include:

- De-stressing in a Stressful World (Allegiance Health)
- Community Needs Assessment – Reiley Curran, St Joseph Mercy Chelsea

Upcoming events in Stockbridge:

- Monster Dash – Oct 18 at dusk (around 7 pm). A short family friendly run/walk where participants are encouraged to dress up. The walk ends in town with a DJ and dance. Refreshments, costume contest and prizes. Sponsored by 5H Community Read, Stockbridge Area Chamber of Commerce and SRSLY.