



## Grass Lake Community Wellness Initiative

Meeting July 17<sup>th</sup>, 2017, 6 p.m. Grass Lake High School Library.

**NOTE: Our June 19<sup>th</sup>, July 17<sup>th</sup>, and August 24<sup>th</sup> meetings will be held in the Grass Lake High School Library**

1. **Introductions**
2. **Review of Year 4 Diabetes Prevention Program My Choice My Health – Leigh Vogelsong**
3. **Review of 2017 NEAT and PAC data – Minji Kang**
4. **Continue brainstorming and developing an intervention list for the Year 6 Plan. Lori Kintz will attend the September coalition meeting to begin collecting information for the Year 6 Plan narrative. The plan will be submitted to 5HF in November. Year 6 budget is \$75,000**
  - **Intervention table assistance and deadline**
  - **Draft Year 6 Plan list of interventions below:**
  - List of Year 6 possible continuing interventions:
    - Outdoor Yoga By the Lake - \$1,000
    - Healthy Cooking Classes - \$1,000
    - Farmers Market - ?
    - Grass Lake Senior Center - \$5,000
    - Project Safe Graduation - \$1,000
    - Event Sponsorships - \$3,750
  - List of possible new ideas for Year 6 Plan:
    - Skate Park - ?
    - Celebrate Recovery - ?
    - Program targeting depression - ?
    - Road Runners Training Program/Challenge - ?
    - Sports/Trails/Parks - ?
    - Bike Racks - \$2,000 - \$5,000)
  - *We would like to find a way to tie in one or multiple of the following objectives from the coalition's new strategic plan:*
    - Provide healthier options at the concession stands at the schools
    - Incorporate healthy food truck/vending machine options for events at the Township and other venues in Grass Lake
    - Create healthy meal kits to be placed at various locations in Grass Lake
    - Partner with local restaurants to incorporate or identify a healthy food option on their menu
  - **New ideas?**
5. **Other Items**
  - **Recap of Traffic Jam'in festival and 5K**
6. **Announcements**



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- Grass Lake Road Runners - Saturday Morning Run Group – 7:50 a.m. leave from the Roaming Goat
- Grass Lake Farmers Market – Wednesdays, May 10 – September 27<sup>th</sup>, 4 – 7 pm, Whistlestop Park
- Music in the Park – 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, May 3<sup>rd</sup> – September 21<sup>st</sup>, 6 – 8 pm, Whistlestop Park
- 5H Farm to Table Dinner – August 27<sup>th</sup>, in the new pavilion, 4pm – 7pm, tickets \$50  
[www.facebook.com/5healthytownsfarmtotable](http://www.facebook.com/5healthytownsfarmtotable)
- Healthy Eating Class – On the Side – Tuesday, July 18<sup>th</sup>, 6pm, Whistlestop Depot

### Reminders:

- ***Next grant submission deadline is August 4<sup>th</sup>***

### **Upcoming meetings**

August 24 <sup>th</sup> (meeting rescheduled due to Back to School Night)	Review of Grass Lake Fitness Coordinator, Intervention reviews, finalize list of Year 6 interventions
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