



LWSC Council of Excellence
Committee Report – DATE: March 10, 2020

Submit report to: lwscouncilofexcellence@gmail.com

Committee: Health and Wellness

Officer/Chairperson: Sonja Elliott

Committee Member(s): Mrs. Emma Knight

- This committee continues to seek and recruit members to serve our community by joining or volunteering to serve this Health and Wellness committee. This committee sincerely thanks members of this: Lou Walker Senior Center who serves, or will volunteer to serve, as a member of this Health and Wellness Committee. “Service is the rent that you pay for room on this earth.” -Shirley Chisholm.

1. Activities Completed For This Month:

- Participated in Executive Board Meeting.
- Initiated a: To Do List For The Health And Wellness Committee

2. Activities Planned For Future:

- Focusing on developing then promoting a long term obesity health care initiative.
- Continuing to build, encourage, and promote a cohesive and effective volunteer Health and Wellness Team.
- Opening our health and wellness station once the current construction is completed.
- Discussing the station’s area of operation.

3. Action Required For Executive Committee:

- Continue to provide input and support to this health and wellness committee as needed.

4. Action Required For Lou Walker Senior Center:

- Provide input and support our developing then promoting a long term obesity health care initiative.
- We request that the above information regarding the opening and operation of the health station be promoted on Lou Walker’s web page.
- Continue to provide input into and support to this committee as needed.

5. Motion Stated For Executive Committee Consideration/Resolution/Recommendations:

- Promote an annual operating budget and fees needed to support and operate the Health and Wellness Station.

6. Concerns, Opportunities For Celebration:

- We will also assist with the promotion of health care initiatives such as: breast, cardiovascular, diabetes, heart, hypertension, stroke, and prostate health.