



LWSC Council of Excellence
Health and Wellness Committee Report – DATE: April 14, 2020

Submit report to: lwscouncilofexcellence@gmail.com

Officer/Chairperson: Sonja Elliott

Committee Member(s): Mrs. Emma Knight

- This committee continues to seek and recruit members to serve our community. Please Join or volunteer to serve Lou Walkers Senior Center’s Health and Wellness committee.
- Committee did not meet in March due to Coronavirus shut down

1. Activities Completed For This Month:

- Participated in last month’s Executive Board Meeting.
- Presented a COVID19 containment initiative to the staff for consideration.

2. Activities Planned For Future:

- Focusing on developing then promoting a long term obesity health care initiative.

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.
- 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.