



Monthly Committee Report – May 11, 2021

Submit Report to: lwscouncilofexcellence@gmail.com

Committee: Health and Wellness

Officer/Chair: Sonja Elliott

Committee Members: Wendolyn, Wendy, Llanos (Co-Chair), Alice Moore, Carolyn Bolton

1. Activities Completed for the Previous Month:

- Attended Chairpersons Special Meeting on 4/6/2021.
- Attended monthly COE meeting.
- This committee met via a zoom meeting convened by Charleen Knox, LWSC COE Chairperson.
- This committee continues to promote and stress the importance of following: CDC, WHO, and DeKalb County Georgia, guidelines for combating and resolving the COVID19 Pandemic.

2. Activities Planned for the Future:

- Focusing on developing, promoting, then instituting a long-term obesity health care initiative. Target date TBD upon reopening of the Center.
- Wendy is developing then providing a flyer re: Wholistic eating and nutrition. The Target date TBD upon reopening of the Center.

3. Motion/Stated for COE Executive Committee Consideration, Resolution and/or Recommendations: Yes

- I move that the COE Executive Committee give approval for the Health & Wellness Committee to develop, promote and institute a Long-Term Obesity Health Care Initiative.
- I move that the COE Executive Committee give permission for Wendy Llanos to develop a Wholistic Eating and Nutrition Program and provide a Flyer for members of the LWSC.
- I move that the COE Executive Committee promote the development of an annual operating budget and fees needed to operate and support the Health and Wellness Station.

4. Action/Approval Required by the COE Executive Committee: No.

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5. Action/Approval Required by the LWSC Staff: Yes.

- Request approval for the LWSC Staff to provide an annual operating budget and fees needed to operate, promote, and support the Health and Wellness Committee and Health and Wellness Station. Target date TBD upon reopening of the Center.

6. Opportunities for Celebration:

- The Health and Wellness Committee is always looking for members of this Senior Center to serve as either members or volunteers of this committee. If anyone you know is interested in joining us, please notify Sonja Elliott, Wendy Llanos, Alice Moore, Carolyn Bolton or Charleen Knox.