

**Mayor's Council on Fitness and Well Being**  
**Minutes for August 2, 2017 Meeting**  
*Conference Room 851, 8<sup>th</sup> Floor, Ed Ball Building, 214 N. Hogan St*



**ATTENDANCE: [QUORUM OF 7 ACHIEVED]**

Name of Council Member	Company / Affiliation	Attended ?
Joseph Bergman	COJ, OED Sports and Entertainment	Yes
Hon. Aaron Bowman [Ms. Jackie Lee]	COJ, City Council VP [Council District 04 EA to Scott Wilson]	Yes
<b>Tim Burrows [CHAIR]</b>	<b>YMCA of Florida's First Coast</b>	Yes
Bryan Campbell	Duval County Medical Society	Yes
Ms. Nancy Crain	Baptist Health	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	No
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	Yes
<b>Dr. Heather Hausenblas [VICE CHAIR]</b>	<b>Jacksonville University</b>	<b>Yes</b>
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	Yes
<i>Ms. Robin Mantz</i>	<i>City of Jacksonville – Recorder (Non-voting)</i>	Yes
Dr. Christina Wilson ( <i>Replaced McNair</i> )	Florida Department of Health – Duval County	No
Mark Owens	American Heart Association	No
Ms. La'Dora Taylor	Parks, Recreation and Community Services, COJ	Yes
<b>Guests</b>		
Ms. Felicia Boyd	Timucuan Parks Foundation	
Ms. Tammy Chaney	DCMS Foundation	
Ms. Jackie Culver	SMT	
Ms. Caroline Davidson	Duval County Medical Society	
Dr. Ellan Duke	River Hills Clinic	
Ms. Valeria Gonzalez-Kerr	Jacksonville University	
Ms. Collisa Mahin	UF Health	
Ms. Jennifer Martin	US Preventative Medicine	
Ms. Amanda Milla	Jacksonville University / Milla Time Fitness	
Mr. Don Redman	Former Council Member / Bicycle & Ped Advocate	
Mr. Vince Robinson	COJ Public Affairs Office / Journey to One	
Ms. Christy Schell	Brunet-Garcia	
Mr. Mark Smilek	SoFitco FL/GA	
Ms. Lauren Spencer	COJ Public Affairs Office / Journey to One	
Ms. Natalie Spindle	Brunet-Garcia	
Ms. Megan Williamson	COJ Parks, Recreation & Community Services	

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**PROCEEDINGS:**

**I. Welcome**

The Meeting was called to order at 12:32PM by Chair, Tim Burrows. Quorum of [7] members was achieved by attendance and introductions were made around the room.

**II. 904 Mission One Million (904M1M) Update**

Caroline Davidson gave an update for *Mission One Million sponsored by 904Thin* starting with the introduction of the new Director Bonnie Upright. She also said they will be focusing on grassroots meetings with individual organizations to bring interest and awareness to the program. Caroline asked that anyone wanting a presentation to their business or group to please email Caroline at [caroline@dcmsonline.org](mailto:caroline@dcmsonline.org)

**III. Mayor Curry's Journey To One Presentation**

Guest speakers Vince Robinson and Lauren Spencer of the Public Affairs Office presented Mayor Curry's initiative called [Journey to One](#) which focuses on personal and community health through awareness, partnerships and communication. According to the [Robert Wood Johnson Foundation rankings](#), the health rankings for Jacksonville are alarming and have gotten progressively worse. Journey to One has connected with community organizations to encourage them to walk 26.2 miles each over a period of time and has promoted the Mayor's initiative at many fitness events. Some areas of focus are the Department of Health's [5210 program](#), mental health, food deserts, disease prevention, neighborhood blight and public safety. Contact Vince Robinson 904-630-1092 or Lauren Spencer 904-630-8088 to get a presentation for a business, group or event.

Joey Bergman asked if the *Journey to One* program could have a link on the website to the Mission One Million website. Bryan Campbell asked about the *Journey to One* program working collaboratively with MCFWB and how we get resources from the Mayor to move M1M initiatives forward. Vince Robinson said we need to get the groups together in a room to build momentum for everyone and Bryan Campbell replied that we need to create a culture of intentional collaboration

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between Journey to One and the Mayor's Council for Fitness and Well Being. Tim Burrows stated that the MCFWB is working to focus efforts on 904 Mission One Million and increase the health rankings for the five-county area.

**IV. Council Nomination Process**

Tim Burrows asked Robin Mantz to pass out voting ballots to the attendees and the tallied results kept Tim Burrows as Chair with [22] votes and Dr. Hausenblas as Vice Chair with [16] votes. Bryan Campbell, Ellan Duke and Robin Mantz all received nominations as well.

**V. Public Comments / New Business**

Tim Burrows expressed appreciation that the attendance has increased recently and committed to track attendance diligently starting October 2017 to replace non-attending voting members. He also announced that Liz DeWitt of the Florida Beverage Association would be speaking at our MCFWB meeting regarding a Balance Calorie Initiative.

Bryan Campbell suggested that we invite leadership from each of the personal and community health categories listed in the *Journey to One* overview presentation to speak at the MCFWB meetings.

Felicia Boyd of the Timucuan Parks Foundation presented a "*Passport to Health*" booklet that showed the walkability of Jacksonville's preservation parks and included calorie counts for walking paths and suggested exercises.

**VI. Adjournment and Next Meeting**

At 2:40PM Chair Tim Burrows adjourned the meeting with a motion by Bryan Campbell and a 2<sup>nd</sup> motion by Joey Bergman. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, September 6, 2017 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan St.

*Respectfully submitted by Robin Mantz, Recorder*