

Mayor's Council on Fitness and Well Being
Minutes for February 6, 2019 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 7 ACHIEVED

Name of Council Member	Company / Affiliation	Attended?
Mr. Joseph Bergman	COJ, OED Sports and Entertainment	No
Mr. Tim Burrows [CHAIR]	YMCA of Florida's First Coast	No
Mr. Bryan Campbell	Duval County Medical Society	No
Ms. Nancy Crain	Physician's Assistant	Yes
Ms. Heather Crowley (Albritton)	Duval County School Board	Yes
Ms. Jackie Culver	Marathon High, Inc	Yes
Dr. Johnny Gaffney	COJ Council Rep, Boards & Commissions Liaison	No
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	No
Ms. La'Dora Taylor	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	Yes
Ms. Jennifer Martin	US Preventative Medicine	Yes
Mr. Mark Smilek	SOFITCO	No
CM Scott Wilson	COJ, City Council VP [or designated representative]	No
Ms. Lauren Tomlinson,	COJ, Parks, Recreation & Community Services	Yes
Guests		
Dr. Ellan Duke	River Hills Clinic	
Mr. Don Redman	Former Council Member / Bicycle & Ped Advocate	
Ms. Megan Williamson	Parks, Recreation & Community Services (COJ)	
Ms. Kathryn Thomas	4oga 4 Change	
Ms. Charlene Walker	Employee Services, City of Jacksonville	
Ms. KC Padget	North Florida Financial	
Ms. Sarah Johnson	The Healthy Heats Project	
Ms. Josalyn Brinson	Heart for Children, Inc.	
Ms. Michelle McGriff	Feeding NE Florida	
Ms. Alisha Ramcharitor	Just Add Rhythm	
Ms. Tracy Marko	Wellfest	
Ms. Haley Konciv	USPM	
Ms. Kara Tucker	COJ Disabled Services,	
Mr. Dean Porter	Hunger Fight	

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Ms. Elizabeth DeWise	Florida Beverage Association
Ms. Jillian Lortz	Baptist Health

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:35 PM by Vice Chair, Heather Hausenblas

II. Approval of Minutes

At a Quorum of 7 members was achieved by attendance, and the December 2018 draft minutes were approved with approved with a first motion and a second motion by multiple members.

III. Healing Heart Project

Nancy Crain introduced Sarah Johnson with Healing Heart Project a program designed to provide support to individuals and their immediate caregivers for family members that have Congestive Heart Disease which is an abnormality in the hearts structure. They will be sponsoring the Healing Heart Walk on February 16, 2019 at FSCJ South Campus with registration beginning at 9:30 am.

IV. Health Me Jax Updates

Jocelyn Brinson discussed how Health Me Jax will be partnering with the YMCA and UNF with group fitness classes for children. They will be establishing a food pantry and promoting healthy lifestyles and healthy options. These classes will begin February 9, 2019 and continue through June.

V. MCFWB Survey Results/Discussion

Heather Hausenblas discussed that she and Tim Burrows are still gathering the results from the survey that was sent out in December. It was also mentioned that she and Tim will once again be speaking at the next Town Hall Meeting which will be held on February 19, 2019 and will discuss the Mayor's Council on Fitness and Well Being and the importance of Movement to Move and the difference it can make in people's lives.

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VI. New Business/Public Comments

Tracy Marko with Beaches WellFest discussed they will have the first Fest which will be held March 2, 2019 in Johansen Park from 10:00 am – 4:00 pm. Wellfest will provide a day full of community connection and education with various local speakers including local resources that provide physical, nutritional, and mental and fitness services to build a lifestyle of wellness. She is also looking to hold future WellFest events in our Jacksonville Parks as well.

VIII. Adjourn

At 1:10 PM Vice Chair Heather Hausenblas adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, March 6th at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan Street.

Respectfully submitted by Lauren Tomlinson, Recorder