



## Ocean City : Healthy Living Advisory Council

Minutes - meeting held **Monday Oct. 29th, 2018 (Approved Feb. 12th, 2019)**

### Attendees:

Lauren Cowden – existing member

Randall Clark – existing member

Newly appointed in accordance with Ordinance no. 15-24 to three year terms expiring Dec 31<sup>st</sup>, 2021.

Kathy Quinn

Lisa Montgomery

Kathy Ridge

Renee Hadam

Ian Wright

Donna Corcoran – not present

**Previous Minutes** – None

### Discussion:

1. Self introductions
2. Purpose of Council: This Council develops, endorses, sponsors and provides information on community health and fitness activities to encourage wider participation in good health practices.

3. Annual Riding to School event:
  - a. Week before Memorial Day
  - b. Girls and Boys bikes as prizes (Tuckahoe Bike Shop at cost)
  - c. T-shirts
  - d. Raise donations from local businesses to cover cost of prizes and t-shirts for participants. (\$700.00)
4. Requested that Michael Allegretto attend next meeting to provide information re Council mandate, budget, insurance cover, liability etc.
5. Other ideas floated:
  - a. A "Taste of OC" to cover:
    - i. food
    - ii. exercise
    - iii. food labels
    - iv. myth busting
    - v. meditation
  - b. Anti Bullying
  - c. Exercise equipment stations along running/bike path

**Action Points/Follow Up:**

1. Lauren to contact Michael Allegretto

**Next Meeting:** Dec. 11th, 2018