



Ocean City : Healthy Living Advisory Council

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.

Minutes - meeting held Tuesday Dec. 11th, 2018 (Approved Feb. 12th, 2019)

Attendees:

Kathy Quinn

Lisa Montgomery

Randall Clark

Lauren Cowden

Guest:

Michael Allegretto, Dir of Community Services

Previous Minutes – OCT 29th, 2018 – first meeting w/new members

Discussion:

Michael Allegretto advised that no specific budget was assigned to the Healthy Living Advisory Council (HLAC), however, the City was prepared to consider and support all items proposed.

1. Need to get word out to local businesses

a. Fitness/Yoga:

- i. Diamond Barre
- ii. Golden Buddha
- iii. Plaay
- iv. Local Gym

b. Food/Drinks

- i. Heart Beat
- ii. Farmstand at 14th
- iii. Bashful Banana
- iv. Soma
- v. Drip 'n Scoop
- vi. Bungalow Bowls
- vii. Yoasis
- viii. Hula Grill

- c. Healthy options for cleaning supplies
- d. Meditation (Heart Casa)
- e. Theatre Group
- f. Live Music

2. Boardwalk events:

- a. Table for Healthy Living Advisory Council (HLAC) – highlighting vegan and veg. options in town (for kids as well)

3. HLAC Signs with Logo (Seal of Approval) for store windows.

4. Release forms need to be drafted.

5. Night in Venice Boat

6. Post Holidays – DETOX

- a. Jan/Feb?
- b. On-line or hand-outs
- c. Potential to use library

Action Points/Follow Up:

TBD

Next Meeting: Jan, 8th, 2019