

NOTES



Healthy Eating/ Active Living

October 12th, 2022 - 1:00pm-2:00pm via Zoom

THIS MEETING WAS CANCELED

- ❖ Welcome & Introductions
 - Name, title, organizations
 - You can only eat one food again for the rest of your life. What is it?
- ❖ 2022 SMART Goals
 - 1. Create a one-hour recorded presentation about nutrition for families, adults and seniors featuring the expertise of HEAL members. The recording and training, which will live on the KPFP website, will be promoted as a Workplace Wellness resource.
 - [HEAL presentation ideas](#)
 - 2. Assist in planning and participating in one local event to provide community resources about nutrition and physical activity to families, adults and seniors.
- ❖ 2022-2023 Planning Session
 - Timeline
 - Target Audience?
 - When?
 - Where?
- ❖ Organization Updates

Next Meeting: Wednesday, November 9th, 2022 at 1PM



