



**Wellbeing Advisory Committee**

**Thursday, July 1, 2021**

**8:30 am – 10:00 am**

*The Wellbeing Advisory Committee met virtually for their regular meeting. All members and staff met via Zoom video call. The meeting was held as an electronic regular Wellbeing Advisory Committee meeting because a meeting in person was impossible or impractical due to concerns for the health and safety of Commission members, staff and the public presented by COVID-19.*

**MINUTES**

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**Committee Members present:** Ellen Bouchard, Tricia Kitzmann, Katherine Read, Emmaly Renshaw, Zach Schladetzky, Stacia Walker, Adam Walter

**Committee Members absent:** Lindsay Olson

**Staff Members present:** Stephanie Schrader

Zach Schladetzky called the meeting to order at 8:30 a.m.

Adam Walter moved to approve the June 10, 2021 minutes. Ellen Bouchard seconded. Motion passed.

New members Stacia, Emmaly, and Tricia were welcomed and introduced. Jim Cushing, Healthy Hometown community liaison, provided an overview of the Healthy Hometown initiative, which frames that committee's work plan. He stated one-third of Iowans are obese and that sixty percent of one's health is influenced by things we can control. Jim noted there is an economic component to community well-being efforts, namely it helps attract and retain people in Cedar Rapids as a great place to live, work and play.

Ellen Bouchard nominated Zach Schladetzky to continue as co-chair and Katherine Read seconded. Zach Schladetzky moved to appoint Adam Walter as co-chair and Ellen Bouchard seconded. Both motions passed unanimously.

The committee reviewed the workplan and updated champions for tactics. The committee decided to move the meeting time from 8:30 am to 8:00 am, effective in August. Emmaly noted there will be a community corn harvest event at Dows Farm at the end of July. Ellen stated that, in addition to the corn harvest, Feed Iowa First Monday volunteer opportunities would be great team building events.

The meeting adjourned at 9:26 a.m.

Respectfully submitted,  
Stephanie Schrader  
Community Development