Physical & Mental Health Committee

Name of Committee: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Committee Members (Present):

Linda Johnson, Maria Hollaway

Kathie Johnson, Barbara Thomas

Lurelia Hardy, Kay Gresham



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Chair/Co-chair of Committee: Linda F. Johnson & Maria Hollaway

Date: February 5, 2015

Note Taker: Linda F. Johnson

Subject of Meeting: Critique the Mental Health Summit and finalize plans for the “Go Red” Heart Healthy Living for Women Health Initiative.

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Report: (include supporting materials, budgets, motions, requests, etc.)

Physical & Mental Health Committee met on Thursday, February 5, 2015 at 5:30pm, at the Downtown Library.

1. Critique of Mental Health Summit – Total of 102 participants (52 Community; 37 Students; 13Sorors). Comments on all evaluation forms were very positive. The presenters, the Department of Kinesiology & Health Science & community participants all requested more training like this to be available for the community. The Department of Kinesiology & Health Science recommended that we partner together and make this an annual training event.

2. “Go Red” Heart Healthy Living for Women”– Tuesday, February 17, 2015, 6:00 PM at University Hospital, Classrooms 4-6. This is our 2nd and last Project Launch Project. The speaker is Victoria Burt, APRN, DNP, FNPC. Please share the flyers with family, friends, co-workers, church family. We need sorors to assist with this health initiative. A sign-up sheet will be circulated.

Action Recommended:

3. Colon Health & Awareness – March 2015 (Date and Time TBA)

4. April 18, 2015 (Saturday) - 6th Annual Take Back the Day 5K Walk/Run to Prevent Child

Abuse & Sexual Violence – GRU, Summerville Campus (starts at Amphitheater ends at

University Hospital entrance)

5K Registration: 7:30 – 8:30 am

5K Race Begins: 8:45 am

April 23, 2015 (Thursday) - Take Back the Night Rally, 6:00 – 8:00pm

GRU Summerville Campus, Maxwell Performing Arts Theater Lawn

5. Relay for Life, Westside High School, May 2, 2015, 11:00am – 11:00pm

We need volunteers to sign up for 3 hour time frames (11:00am – 2:00pm;

2:00pm – 5:00pm; 5:00pm – 8:00pm; & 8:00pm – 11:00pm). We also need the following

donations: hotdogs, hotdog buns, potato chips, cookies, bottled water, ketchup, mustard &

napkins. We will sell these items and the proceeds will be added to our chapter donation.

Funds Requested: No funds requested for March 2015

The next meeting for Physical & Mental Health Committee is Tuesday, March 3, 2015 at 5:30pm, at the Main Branch Library (downtown).

Signature of Committee Chair: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_