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| Program/Area: | Personal Health & Wellness working group |
| Meeting Purpose: | To share ideas, report on activities, and make decisions for projects concerning the improvement of personal health & wellness in the towns of Covert, Lodi, Ovid, & Romulus |
| Meeting Date: | March 6,2023 |
| Meeting Time: | 10:30 am |
| Meeting Location: | STEPS OFFICE and by Zoom |
| Workgroup Leader: | Phyllis Motill |
| Attendees: | Phyllis Motill, Theresa Lahr, Judy Mellgard, Peg Brown, Deb Bush, Doris DePew, Donna Elling, Mary Joslyn ( by zoom) Penny Gugino (Alzheimer’s Assoc, by Zoom) Natalia Nelson ( Finger Lakes Health, by Zoom) |
| Minutes | Late presentation by JMellgard attachment STEPS APRIL/MAY Community Calendar |

**Welcome & Intros (Phyllis Motill, Chair)**

**Review of Activities Ovid Firehall Cooking Session February 25 24 attendees, 3 children**

**Alzheimer’s Classes and Events Ongoing at Library**

**Thurs Mar 23 Alzheimer’s Community Forum**

**UPCOMING STEPS Activities**

**Sat, Feb 25 Community Cooking Session with Meg Jastran (10-12)**

**Tues, March 7 (4:00-6:00) Food Distribution Event**, South Seneca Central School

**Weds, Mar 8 (5:00-6:00 pm)** **Micro-E Panel,** by Zoom or in person Lodi Library**.**

**March 23, end of Relaxation Yoga with Roxanne Gupta**

**Sat, Mar 25 Community Cooking Session with Meg Jastran (10-12) at Interlaken Reformed Church**

**Tues, April 18 Zoom Trip to the Brainery**

**Wed, April 26 Community Café’ Resilience for Youth and Families ( United Way, at Seneca Community Church**

**Sat, Apr 29 Community Cooking Session with Meg Jastran (10-12) at Lodi Fire Hall**

**ONGOING STEPS ACTIVITIES**

**The Walking Group** at SS HS is paused until Spring with Janet Lynch and School District for track use.

**Kitchen Table** topic and date being revised.

| **REVIEWS**  **Ryan’s Case for Smiles** Deb Bush presented sewing project she will lead. She is finalizing materials, machine availability and locations  **The Walking Group** at SS HS is paused until Spring.  **Kitchen Table** topic and date being revised.  **Community Café** sponsored by United Way (Karen Burcoff in contact with Phyllis and TLahr. Date is April 26 at 5:30.  OVID WINTER FESTIVAL: Meeting scheduled PMotill will report |
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| **OPEN FORUM**  **Earth Day Youth Exercise Event -Mary Joslyn** Location at Brewery & Distillery discussed/ day of events including activities, Smoothie Bike? And  Calendar for Day of Service/ October 14 or 21  RHPP’s in progress Relaxation Yoga with Roxanne Gupta |
| **Next PH&W Meeting: April 3 (10:30-11:30 am)** at **STEPS’ office**, 7180 Main St, Ovid, or by Zoom. |