

Howard County Local Health Improvement Coalition

Movement Group Meeting

October 3, 2022

10:00am – 11:00am

Virtual via Zoom

<https://us06web.zoom.us/j/84926161636?pwd=MjlzalBIOVdaN2FXbUZDUFdFMDNLUT09>

Meeting ID: 849 2616 1636

Passcode: 789565

Meeting Goal: Review the meeting minutes from 9.21.2022, examine the current 2022 Walktober initiatives and future promotion of physical activity and improved health for all Howard County residents.

Meeting Agenda

Meeting will start promptly at 10:00am

10:00 – 10:05 Welcome and Introductions

10:05 – 10:50 Walktober Events (17 listed)

<https://www.howardcountymd.gov/walktober22>

Walktober Giveaways: orange bags from Park and Recs, WIC pens, CA pathway maps (make bags to hand out at events).

Walktober Promotion: OAI Newsletter, HCPSS Community News & Programs website, HCHD Media Release, LHIC Digest, HoCo Bldg video monitors

Ways to Engage the Community/Brainstorm – youth, adults, elderly

Future movement ideas: Game Night or Game Day, Fitness Passport, 12 Days of Fitness, Family & Me 5 min. Stretch / Walk

10:50 – 11:00 Next Steps & Wrap-up

Next Movement Group meeting: tbd