

Movement Workgroup Meeting

Virtual Meeting (Via Zoom)

[Link](#)

August 29, 2023

12:00 p.m. – 1:00 p.m.

Meeting Goal: Plan and promote physical activity initiatives to improve the health of the Howard County community and implement Howard County Walktober 2023 initiatives.

Meeting Agenda

Meeting will start promptly at 12:00pm

12:00 – 12:15	Welcome <ul style="list-style-type: none">• Introductions• Member Announcements / Updates• Recap of Meeting Minutes from July 25, 2023
12:15 – 12:20	Movement Physical Activity Flyer Updates <ul style="list-style-type: none">• Free / Reduced Cost Fall and Winter Activities Promotion <i>Sonya Lloyd, Community Engagement Coordinator, Howard County Local Health Improvement Coalition</i>
12:20 – 12:30	Howard County Health Department Walktober Activity Challenge <ul style="list-style-type: none">• Employee Physical Activity Incentive Program in October <i>Linda Ashburn, Director Bureau of Assessment, Planning and Community Engagement, Howard County Health Department</i>
12:30 – 12:55	Walktober 2023 Planning <ul style="list-style-type: none">• Walk Maryland Day & Walk to Schools Day - Wednesday, October 4th<ul style="list-style-type: none">○ MDH Website○ Create / Join Walking Group• Community Partners Updates
12:55 – 1:00	Next Steps & Wrap-Up

Next Movement Group Meeting: September 26, 2023, 12:00 p.m. to 1:00 p.m.