

Chronic Disease Prevention & Management Workgroup

Virtual Meeting (Via Zoom)

December 13th, 2023

10:00am – 11:00am

Meeting Goals: To present information on “Irie Caribbean Cooking” as well as discuss the connectivity between nutrition and chronic disease. Overview workgroup chronic disease initiatives for the new year.

Meeting Agenda

Meeting will start promptly at 10:00am

10:00 – 10:05 am Welcome & Introductions

10:05 – 10:10 am Announcements

- Updated Chronic Disease Self-Management Program Flier
- Chronic Disease Self-Management Workshop
 - January 2024
 - Elkridge 50+ Center
- Healthy Holidays
 - December 14, 2023 at 12:00 pm – 1:00 pm
 - Virtual
- Let’s Get Physical
 - December 19, 2023 at 12:00 pm – 1:00 pm
 - Virtual
- Breathe Easier: Managing Asthma
 - December 19, 2023 at 1:00 pm – 2:00 pm
 - Virtual
- American Lung Association’s Asthma Educator Institute
- Other Partner Announcements

10:10 – 10:15 am Recap of previous meeting

10:15 – 10:40 am Irie Caribbean Cooking Presentation

Dr. Michelle Holder, Food at the Center, Founder

10:40 – 10:55 am Discussion on 2024 Chronic Disease Initiatives

10:55 – 11:00 am Next Steps and Wrap up