

## Movement Workgroup Meeting

Virtual Meeting (Via Zoom)

[Link](#)

October 31, 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"><li>• Introductions</li><li>• Member Announcements / Updates</li><li>• Recap of <a href="#">Meeting Minutes</a> from September 26, 2023</li></ul>
12:15 – 12:25	BOOM Shake Fitness Presentation <ul style="list-style-type: none"><li>• Community Programs and Initiatives</li></ul> <p><i>Toni M. White-McCoy, CWWS   Certified Worksite Wellness Program Manager, President BOOM Shake Fitness</i></p>
12:25 – 12:40	Walktober Results <ul style="list-style-type: none"><li>• Photos &amp; Post Event Surveys</li><li>• Partner's Feedback: Participants, Positives, Negatives</li></ul> <p><i>Lindsay Hall, Public Health Intern, Howard County Local Health Improvement Coalition</i></p>
12:40 – 12:55	Future Planning <ul style="list-style-type: none"><li>• LHIC Calendar</li><li>• LHIC Physical Activity Webpage</li><li>• Movement Logo</li><li>• Holiday and Winter Events</li></ul>
12:55 – 1:00	Next Steps & Wrap-Up

Next Movement Meeting: November 28, 2023, 12:00 p.m. to 1:00 p.m.