

## **Recap of the Healthy Lombard Meeting on February 6, 2013**

### **WELCOME AND INTRODUCTION OF NEW MEMBERS:**

Jennifer Ebersold (Healthy Lifestyles Support Group)  
And Cooper (WHS Learn & Play Gardens)  
Peggy Kinst (Ageless Grace)  
Julianne Schager (CustomFit Personal Training)

### **UPDATES**

#### **Sharing of Support:**

Tri Town YMCA- Joanne

The HBO Weight of the Nation Video will be shown at GBN HS on April 10, 2013 - 1 hour viewing is also available

Historical Society- Sarah Richards

Working on presenting Sustainable Living that showcases how people lived off the land

Health Tracks- Erika

Now have 2 weight loss programs, working with adults  
Will add community events to their website

Illinois Prairie Path- Bob

50<sup>th</sup> Year Anniversary

April 27- Earth Day Clean up

Sky Center- George Sky

Shape your School Program available

Support the DeMini Project- helping women in India defend themselves

Plum Library- Pam and Jessica

The Weight of the Nation Video is available for check out!

Good Sam Wellness Center and D87- Christine and Intern Jennifer

Offering an Aqua Program for highly obese people (not free)

Offers Lecture: Bladder and Public Health

Glenbard HS 87 working on a FUTP60 grant

DuPage Medical Group- Dr. Dave Dungan is serving on a Healthy Weight Task Force

D45 – Jean

Will sponsor a 5K Run in the spring

No word on GYM Bags nor participation on Wellness Committee

Midwest Dairy Assoc- Lorna

Announced a Spring Youth Summit that will involve 10-15 schools

Village of Lombard- Joelyn Kott

Offering to put Healthy Activities/Programs on the Village's cable Channel and show

Ageless Grace - Peggy

Offers programs with exercising in your chair. This helps with Neuroplasticity /cognitive skills and building core muscles.

WHS Learn and Play- Andi Cooper

Working towards a goal to create a Learn and Play Garden at WHS.

Have a landscape design that includes a Walking Path/ 8 loops equals a mile.

Principal Dave Danielski is collaborating with staff so that it meets with the school's curriculum.

### **Fitness February Fair**

Handouts on Sponsors, Tables, Stage line-up, Publicity

Location: Yorktown Center Mall

February 16, 2013 from 10 AM – 2 PM

### **Health Heroes**

Have 2 entries, need more. Send info. to Jay.

Recipients must attend the Fitness February Fair

### **FUTP60 Video**

Lorna discussed the benefits of FUTP60

## **Health Local**

Finding Interns at ICB  
Will be taping at Fitness February Fair  
New Healthy Lombard Banner

## **NEW BUSINESS**

### **March 1 GYM Presentation**

Jay will host a table and be a presenter at the March 1, PE Teachers' Institute Day at Naperville North High School. She will speak about the G.Y. M. (Get Yourself Moving) Project. She has asked Deb Surdam, a PE Instructor at Park View School, to assist.

### **Glenbard School District 87's GPS**

Healthy Lombard will participate in the health fair preceding the April 10 Glenbard Parent Series on Weight of the Nation. Jay or an IB Intern will videotape healthy hints.

### **Subway Promotion**

Helen Plum Memorial Library distributed information on a Subway Promotion called "Random Acts of Fitness." Healthy Lombard would like to see students become involved with this activity.

### **Best Buy Grant**

Healthy Lombard revived a grant from Best Buy that will be used toward designing and building a new web site.

### **Wooddale Healthy Lunch Series**

Healthy Lombard has recommended several partners as possible lunchtime speaker for a monthly "Lunch and Learn" Program at NGK Spark Plug Company. If someone speaks, the company would donate \$25 to Healthy Lombard.

### **Walking Challenge**

Christine from Advocate Good Samaritan shared information about a Walk with Ease Program. Jay said it might be something to look into

as a program to use in a summer walking challenge between Carson and J.C.Penny employees at the Yorktown Center Mall.

**Flat Apple for Summer**

Jay asked if the partners would like to repeat the Flat Apple Project for summer. The group was in agreement but would like to tweak it a little. George Sky, Michelle from LTC, and Pam from Helen Plum will meet with Jay during April to look at ways to revamp the project.

Submitted respectfully by  
Karey Costello  
3/11/13