

**First Lutheran Church - Health Ministry Committee February 12, 2014 Minutes**

***Mission Statement: Our mission as the First Lutheran Health Ministry Committee is to help all to more fully experience God's grace, love, and healing by addressing their spiritual; physical, emotional and mental health.***

Present: Katie Gross, Ruth Hanson, Jack Rydell, Dawn Nygord, Laryl Ivers

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action/Follow up recommendations</b>
<b>1. Welcome</b>		
<b>Minutes</b>	Minutes from January meeting reviewed	Minutes approved
<b>2. Faith Communities Alive</b>	<p>Faith Communities Alive is an initiative of Cass Clay Alive and First Lutheran Church is one of 20 Faith Communities participating in the project focusing on physical activity and healthy nutrition practices.</p> <p>The first step is to conduct a survey. Materials from the toolkit were reviewed</p> <p>People will want to know how the results are going to be used.</p> <p>This information will be used to determine what kind of activities people want, what is the best time and may not need to be activity focused, but could include basic information.</p> <p>A report should be brought back to the congregation.</p> <p>The Health Ministry Committee may ask for volunteers to serve on a work group to address the areas we need to impact that will be identified from the survey results.</p>	<p>Katie indicated that we had &gt;200 surveys completed.</p> <p>Katie will write up recommendation for health eating. Table tents and weekly bulletin articles.</p> <p>DMF Health Fair 04/6. It is asked that all participating churches have a booth for information sharing.</p> <p>Goals:</p> <p>Healthy snacks</p> <p>Engage Wed meal planner to assist in getting</p> <p>Physical Activity Open Gym 4-6</p> <p>Engage others during lent to make a healthy change. 6 week commitment smart goals for self/family</p> <p>Explore Community Garden meeting up with a group already participating and learning about the time commitment etc.</p>
<b>3. Spring Fling</b>	<p>Katie has reached out to potential speakers for the Spring Fling event</p> <p>Planning for the event will be discussed at our next meeting</p>	Roxanne Solanan has set time aside to speak 04/29. Katie will connect with her related to the topic of Spiritual Health and follow up at our next meeting.
<b>4. Closing</b>	The Lord's Prayer	