

**FLC HEALTH MINISTRY COMMITTEE**  
**September 11, 2013**  
**Heritage Room 5:30 PM**

**Present:** Jack Rydell, Dianna Woodard, Dawn Nygaard, Carrie McLeod, Rita Moen, Ruth Hanson  
**Guest:** Rory Beil

Ruth led opening devotion and prayer  
Minutes of August were approved as written

**Announcements:**

- Back to Church Sunday is 9-15-13
- First Fest is 9-29-13; HMC is responsible for contributing a silent auction item and providing information at designated table
- PN Coordinator position will be posted shortly
- FLC is host site for Sanford's Better Choices, Better Health series, beginning on Oct. 10

**Planning for Mark Schoepp seminar on Nov 16**

The committee would like to offer a youth program to run concurrently with adult program. Rory Beil was invited because of his expertise as leader of the Healthy People grant initiative which includes work with area schools to improve nutrition and exercise in their programs. After discussion, the group agreed that components of the morning would include:

- An icebreaker activity
- Play activities in the gym
- Opportunity to make and eat healthy snacks
- Possible video (Graham Sibley will be on the alert for something suitable) OR a drama acted out
- Possible chat with MD with interest in children's health (? Steve Nelson)

Potential partners could be NDSU students, Kristin Liebl's fill in for nutrition, Dawn Beil, Rita's cousin's daughter, Concordia nursing students. Ruth will convene a subgroup to do further planning for the youth program. It is estimated that the program will attract K through 5th or 6th graders, and we likely won't have more than 15-20.

Logo for workshop was discussed, based on samples prepared by Laurie Neill. Ruth will ask her to combine 2 of them. Dawn brought examples of table favors that she had made. They are jeweled sun catchers to hang in windows. All were delighted with them and she agreed to make a total of 70 sun catchers.

**Report on Faith Communities Alive Kick-off held 8-28-**

- FLC has committed to being one of the implementation sites
- The first step will be a congregational assessment; tool is already developed. Once assessment is complete, FLC will receive a banner designating us as one of the sites.
- Each implementation site received a wealth of resources, ready to be used, so FLC will NOT have to develop tools. E.g. there are 52 table tents created, each with a health focus.
- A subgroup will be formed to begin planning FLC's implementation of the tools.

Meeting adjourned with the Lord's Prayer

Next meeting is October 9th

Recorded by Ruth Hanson, chairperson