



Grass Lake Community Wellness Initiative

Meeting May 16th, 2016, 6 p.m. Township Hall

1. Introductions
2. **Intervention Review:**
 - Healthy Eating Classes- Year 4- Sue Weible (4th year of funding)
 - Provide monthly classes featuring healthy eating topics and food preparation. Programs will include demonstrations, recipe handouts, tasting samples, and a question-and-answer period with a food professional.
 - Target Group:
 - Adults
 - Goals:
 - To teach healthy food preparation techniques and to offer workable recipes for home use by distributing recipe sheets to every attendee.
 - Reach 35- 40 regular adult attendees.
 - Encourage the purchase of locally sourced products, and to offer an outing to Eastern Market to highlight a successful Farmers Market
 - Key Evaluation Data:
 - Surveys
 - Attendance
3. Begin developing a list/budgets for potential Year 5 Interventions
4. Develop a schedule of Year 3 and 4 Interventions to review during the summer months
5. Volunteers for One Helluva Ride and the 5H Walk to End Alzheimer's
6. Any Other Items?
7. Announcements

Reminders:

- ***Next grant submission deadlines are June 3rd and August 5th***

Upcoming meetings

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| June 20 th | Intervention reviews, speaker from Alzheimer's Association? |
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