

Health Committee Report

January Report

Meeting Date: January 9, 2024

Committee Members:

Chair Zaratta Ingram

Secretary: Ebonee Farmer

Hazelene McCray

Iesha Smith

This month's meeting was held via Zoom.

Meeting Notes:

Overall improvement and recruitment for the health committee. Along with upcoming events for the duration of the year.

During the month of January members of the Health Committee participated in the MLK celebration.

Reminder

Cold and Flu season is upon us please remember to wash hands frequently. And if sick and not feeling well, please stay home.

February is Heart Health Month. Heart disease is one of the leading causes of deaths in the US let's all be mindful of matters of the heart.

February 22, 2024 is the Go Red Gala at the First Assembly of God Church doors open at 4:30 pm.

Secretary

Ebonee Farmer

Health Committee Chair

Zaratta Ingram