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| S:\Shared\CDC\Healthy Jackson County\New Logo\Print\Jackson_Co_print_color.tif***Vision:*** *To create a sustainable culture of health and wellness throughout* *Jackson County evidenced by improved health outcomes data.****Mission:*** *Collaboratively, create and promote a healthy environment to empower* *our Jackson County community to achieve improved health outcomes. We will* *do this through: Policies, Education, System and Environmental Changes.* |
| **Increasing Physical Activity Workgroup Meeting Minutes****March 15, 2022****11:00AM – 12:00PM****Zoom**Join Zoom Meeting[https://schneckmed.zoom.us/j/89984787049?pwd=cElQSHc4b1dzR3NMb1g5K29kWkZGUT09](https://www.google.com/url?q=https://schneckmed.zoom.us/j/89984787049?pwd%3DcElQSHc4b1dzR3NMb1g5K29kWkZGUT09&sa=D&source=calendar&usd=2&usg=AOvVaw2YN4CQiW_YEp_haC0C1ztt)Meeting ID: 899 8478 7049Passcode: 18629317 |
| **Members Attending:** Molly Marshall – Purdue Extension Health & Human Sciences EducatorBrandon Terrell – Athletic Director, Boys and Girls ClubBrianne Roll - Executive Director, Seymour Main StreetMeghan Warren – Director Quality and Care Management, SchneckBethany Daugherty - SMC/Healthy Jackson County CoordinatorKatelyn Kutemeier – Purdue Extension Wellness Coordinator |
| Topic | Decision/Action |
| Seymour Main Street Downtown Scavenger Hunt Discussion  | Discussion was held on incorporating physical activity into a Downtown Shop Around / scavenger hunt event this summer. The workgroup decided to go with the June 11 date. Bri shared the following ideas from a previous brainstorming session: * Sidewalk chalk
* Yoga sessions / light exercise at Crossroads park
* Fitness session at the fitness park
* Hula hoop stations
* Bubbles
* Bouncy house
* Live book reading

Scavenger hunt ideas discussed today:* ‘I spy’ figurine at stores (green apple?)
* Incorporate physical activity in addition to ‘I spy’ in the stores.
* Add activity stops to the shop around list of stores (Farmers’ Market and Crossroads, Burkhart, Steinker, and Mellencamp plaza/parks,)
* Cooking demo at Farmers’ Market with taste test options
* QR Code to scan at each activity stop. Card would have list of places to go. Suggest 1 entry per stop.
* Healthy Family Pack: free month at Boys & Girls club, pool pass, state park pass, gift card to farmers’ market, 30-day trial at a gym, Healthy Zone, collection of family-friendly recipes, activity book with suggestions, water bottles (from Purdue extension), Schneck gift (yoga mat? – Meghan will check), Frisbee, Seymour coloring book or something from the Visitor’s Center
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| Spring Hike Series | Spring Hike Series in partnership with DNR:Sundays - March 27 and April 10 at Jackson-Washington State Forest in Brownstown. Meet at 2:00pm at Knob Lake Dam. Please keep sharing the flyer. |
| Roundtable  | * Youth Hiking Series or Nature Camp
* Reach out to Girls Inc. and Boys & Girls Club for the possibility of coordinating day hiking field trips to promote areas in Jackson Co.
* Possibly add physical activities at Starve Hollow
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| Announcements | * Next All-Coalition meeting: March 30, 2022, at 11:30-1:00p.m. via zoom
* Next Physical Activity Workgroup meeting: May 17, 2022, at 11:30a.m.
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| Follow Up | Follow Up:* Bethany - Follow up with Tyler Henkle on historical scavenger hunt details, and with Lesley Kendall to see if a cooking demo is planned on June 11 at the Farmers’ Market
* Bethany - Follow up with workgroup members via email for more ideas / specifics for activity stops and communicate those ideas to Bri.
* Bethany – Send out Spring Hike Series flyer by email.
* Meghan - Follow up with SMC Marketing for ‘Healthy Family Pack’ gift
* Meghan – Follow up with Starve Hollow regarding possible activities
* Molly – Follow up with Ryon Wheeler and Ginger on Youth Hiker Series
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| *\*Please remember to “like” and share Healthy Jackson County Facebook posts.* |