

**Mayor's Council on Physical Fitness and Health  
Event Subcommittee Meeting**

Activity and Recreation Center (ARC)  
1701 W. Ash Street, Columbia, Missouri  
Wednesday, May 8, 2019, 11 a.m.

**DRAFT Meeting Minutes**

**Members Present:** Sasha Pass, Chris Hawf, Lisa Kinser, Karen Reider

**Members Absent (excused):** Teresa Gooch

**Members Absent (unexcused):** None

**Staff Present:** Brian Higginbotham, Tammy Miller

**Call to order:** Meeting called to order at 11:30 a.m.

**Approval of Agenda:** The agenda was approved on a motion by Hawf, seconded by Kinser. Motion passed 4-0.

**Discuss Awards for 2019**

*Review past awards and categories*

Higginbotham talked about past awards. Members of the community nominate others for the awards which would be given out in the fall. Past categories have included topics such as mentoring, youth, adult, smoking cessation and weight loss.

Members discussed those categories and how to change them for 2019. They discussed a potential volunteer category or something related to involvement. They also discussed tying mental health to a category.

*Plan for this year's awards*

Higginbotham suggested keeping the category descriptions basic, but making sure that people are awarded for changing their habits and making improvements.

The categories suggested by the subcommittee are: Mentor, Weight Loss, Smoking Cessation, Volunteer, Mental Health, Fitness/Lifestyle Change.

The committee discussed having an application deadline of Oct. 1 with potential ceremony in early November.

Kinser said she would bring a draft of potential categories to the Council meeting. The subcommittee will meet again soon after that.

**Meeting adjourned** at 12 p.m.

Minutes submitted by Tammy Miller.