267 -507 -0400

203747Pound

April 21, 2014

Conference call

Said good-bye to Fatos Floyd who is moving to Tulsa Oklahoma.

Plan on two hour program with lunch for the October state convention. In talking with President Buresh and Jamie Forbist, Robert Newman will be coming up with a program for everyone on “wellness and fitness”. In conjunction with that the Senior Division discussed something in conjunction with that.

Wellness andFitness suggestions:

1. Keep moving segment similar to what was done at the national convention last year
2. How to use fitness equipment with digital read outs.
3. Medical devices such as glucometers, blood pressure devises, etc.
4. Portable exercise equipment you can take with you (such as Barbara and Brad suggested?)
5. Wellness including feeling good about yourself; putting on make-up, grooming, etc.
6. Keeping active with walking, exercising in your home and at a gym.
7. Mental activities to drive away the blues and depression