



North End
Wellness
Coalition

North End Wellness Coalition

Dedicated to promote the health and wellness of the Creston & Belknap neighborhoods

2018 Focus Areas: NEWC Newsletter, Urban Trail, be nice @ City High School

Meeting Agenda

Thursday January 17th, 9:30-10:45 AM

CNA Community Room (205 Carrier NE)

Welcome/Wellness Warm-up, Introductions, and Sharing Resources (15 minutes)

- Plant Based Diet report out – Nancy Brubaker
- If you have other resources to share, please bring a hard copy to pass around!

Creating Opportunities for Health & Wellness (60 minutes)

- Group Work - Healthy Living
- Group Work - Mental Health

Notes:

Next meeting: February 21, 2019 at 9:30 - 10:45 AM