



Wellness and Prevention Section

Location: MS Teams

August 7, 2023

2 p.m.

- **Welcome/Introductions**
 - Cydney Herring, Dr. Robertson, Jared Belk, Karina Romero, Sanquis Graham, Kelly, Regina Harper, Lackecia Owens, Tara Rybka, Megan Hauser, Ulva Little-Bennett, Stephanie Todd, Nina Beech, Kendra Faries, Angela Wood, Amber Taylor, Stephanie Starr, Samantha Combs, Phyllis Barnette, Ashley Rink, Kira Frawley
- **Fall Educational Conference: September 27-29, 2023**
 - Megan reviewed the section conference schedule and members volunteered to assist with A/V needs. Volunteers are listed below.
 - Wednesday, September 27
 - Resilient NC, An Overview of the NC Healthy and Resilient Communities Initiative, 1:15-2:45 (co-sponsoring with Social Work)- Kendra Faries
 - Community-focused Efforts to Mitigate the Health Effects of Climate Change, 3-4:30 (co-sponsoring with Environmental Health and Epi/Stat/Lab)- Nina Beech
 - Thursday, September 28
 - Health and Wellness in Public Leaders (focus on boundaries and prioritizing needs), 8:30-10, Ulva Little-Bennett
 - Wellness and Self-Care: Find Your Own Oxygen Mask (co-sponsoring with Social Work), 10:30-12, Megan Hauser
 - Fetal Alcohol Spectrum Disorder: The Impact of Alcohol-Exposed Pregnancies, 1:30-3, Sanquis Graham

- Section Business Meeting, possible guest speaker, 3:30-5 p.m.
- **Silent auction**
 - We hope to have a lobby table so that auction items are more visible. Notify Megan if you have something to donate. Last year, we made \$60.
 - Nina's mom will donate something ceramic/crafty.
 - A member e-mailed Megan offering to donate gift cards.
- **Announcements**
 - Good luck to Kendra on the CPH exam! We know she'll do great!
 - Megan mentioned Haywood County's mental health messaging around the 988 lifeline.
- **Next meeting-** Monday, November 6, 2 p.m.