

Mayor's Council on Fitness and Well Being
Minutes for November 03, 2021 Meeting
Conference Room 851, 8th Floor, Ed Ball Building, 214 N. Hogan St



ATTENDANCE: QUORUM OF 4 WAS ACHIEVED

Name of Council Member	Company / Affiliation	Attended?
Mr. Terrence Freeman	COJ, City Council	No
Ms. Adele Herring	Duval County School Board	Yes
Ms. Jackie Culver (CHAIR)	Jacksonville Speech & Hearing Institute	Yes
Mr. Chandler Fussell	COJ, OED Sports and Entertainment, City of Jacksonville	No
Mr. Jon Vredenburg	UF Health	Yes
Dr. Heather Hausenblas [VICE CHAIR]	Jacksonville University	Yes
Ms. Alicia Hinte	UF Health Jacksonville (previously Shands)	No
Ms. La'dora Taylor	Parks, Recreation & Community Svcs (<i>Delegate of Director</i>)	No
Ms. Jennifer Martin	US Preventative Medicine	No
Mr. Mark Smilek	SOFITCO	No
Ms. Jessica Stapleton	Brooks College of Health/University of North Florida	Yes
Ms. Lauren Tomlinson	COJ, Parks, Recreation & Community Services	Yes
Guests		
Mr. Tim Burrows	YMCA of Florida's First Coast	
Mr. Alex Goodwin	Marathon High School	
Mr. Paul Sapia	Humana	
Ms. MaryBeth Torres	Baptist Medical Center	
Ms. Lindsey Peters	UF Health	

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PROCEEDINGS:

I. Welcome

The Meeting was called to order at 12:40 PM by Chair, Jackie Culver

II. Approval of Minutes

As a Quorum of 5 members was not achieved by attendance, the October draft minutes were not approved

III. Marathon High School

Jackie Culver introduced Alex Goodwin with Marathon High, Inc. who discussed that Marathon High School is a nonprofit program that trains teens for a 13.1-mile half marathon to develop positive futures. They train for months after school to develop their athletic skills, social skills, and healthy lifestyles in a positive direction. This program is for 9th – 12th grades in a non-competitive program, which means speed is not an issue. This program teaches teamwork and giving back to the community and teaches the value of teamwork as well.

IV. MCFWB Future Structure

Jackie mentioned that she will be reaching out to other Council members to continue having them reach out to arrange for future speakers.

VIII. Adjourn

At 1:25 PM Chair Jackie Culver adjourned the meeting. The next regular meeting of the Mayor's Council on Fitness and Well Being will be held Wednesday, December 1, 2021 at 12:30pm in Conference Room 851 in the Ed Ball Building at 214 N. Hogan Street.

Respectfully submitted by Lauren Tomlinson, Recorder