Committee Name: Physical & Mental Health

Committee Chair(s): Courtney Nolan & April Briscoe

**Date/Time of meeting (MM/DD/YYYY):** 01/24/2023

Attendees:

Committee Decisions: (limit 500 characters)

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| 1. Central Texas Food Bank Volunteers- 20 signed up
2. Planning for Red S.H.O.E Fitness Challenge for the month of February
3. Give 2 complimentary tickets to Central Texas African American Family Support Conference 2/7-2/8
4. Wear Red Day on 2/3/2023 in partnership with the American Heart Assoc. #WearRedDay
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Recommendation(s) to Executive Board: (limit 500 characters)

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| Get Sorors active for February with the Red S.H.O.E. Fitness Challenge. There will be a calendar of events for AAC members only.Heart Awareness month.Get Sorors to Wear RED on February 3rd and post on their Social Media |

Next month’s activities: (limit 500 characters)

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| Red S.H.O.E fitness Challenge. Get Sorors active through 3 different Group Exercise Workouts.1. Camp Gladiator 2/11
2. Hike 2/18
3. Line Dancing 2/24

Self-Care Sundays-Sorors refresh & destressSorors wear Red on 2/3/2023 in partnership with the American Heart Association #WEARREDDAY |

Volunteer Activities (include Date/Participants/Time): (limit 500 characters)

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| MLK Service day. 1/16/2023 9am-12pm. Total group volunteers 13 out of 20 who signed up.330 Boxes filled = 5,500 meals provided. |

Signature of soror making the committee report: \_\_\_Courtney Nolan \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­

**Date of report to Executive Board/Chapter:** \_\_01/16/2023\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date/Time of next scheduled committee meeting:** \_02/07/2023\_at 7PM\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_