

**FALLBROOK REGIONAL HEALTH DISTRICT  
BOARD WORKSHOP**

**MINUTES**

**Saturday, April 22, 2017, 8:00 a.m. to 10:00 a.m.  
Fallbrook Regional Health District, Board Room, 138 S. Brandon Rd., Fallbrook**

Present: Directors Abbott, Leach, Mroz, Salmon and Tinker  
Also present: Executive Director Bobbi Palmer, Legal Counsel Blaise Jackson and Real Estate Broker Roy Moosa joined a portion of the meeting via teleconference.

**A. CALL MEETING TO ORDER**

The meeting was called to order at 8:00 a.m. by President Tinker.

**B. DISCUSSION ITEMS**

**B1. Feedback from Town Hall & Coffee Chat**

Bobbi Palmer shared a press release written by Community Engagement Consultant Erica Holloway covering the recent Town Hall/Board meeting on April 12<sup>th</sup>. In addition a couple of members of the community attended a Coffee Chat with Bobbi Palmer and Linda Bannerman on April 20<sup>th</sup> and their comments/concerns were discussed. In addition, Director Salmon suggested, and there was consensus, that the Board President and Executive Director draft responses to the questions and concerns that arose at the Town Hall and provide them to the other members of the Board for review prior to the next Town Hall/Board meeting.

**B2. Commercial Real Estate Brokerage/Land Use Consulting Services**

Roy Moosa, contracted Real Estate consultant, joined the meeting remotely by teleconference. Mr. Moosa presented information on a property that the District might have use for as a center for wellness and educational services. There was discussion including zoning questions, and potential costs. Following discussion, the Board directed Executive Director Bobbi Palmer to ask Mr. Moosa to continue his consulting efforts on behalf of the District.

**B3. Health & Wellness**

**B3a. What is a Wellness Center?**

Bobbi Palmer shared with the members of the Board that a Wellness Center is not a Fitness Center or a Gym. She shared an article discussing medical fitness centers and gyms. There was discussion regarding a Wellness Center and what services it might include. There was discussion regarding including physicians in the process as well.

**B3b. Olivewood Community Garden/Learning Center Model**

Bobbi Palmer had recently taken staff to visit Olivewood Gardens in National City. Many photos of the facility were shared. Organic gardening takes place, students visit to tour the gardens, cooking and science classes are offered and much more. Since the District has been focused on health, wellness and prevention, this serves as a model for what might be accomplished in our communities. It fits into Food is Medicine and Prevent the Preventable concepts and programs. The Blue Zone is another concept used by Beach Cities Health District in California as well. Again, there was discussion regarding including physicians in the process.


- B4. Communications Only  
Information items had been included in the packet.

Following these discussions it was determined that a closed session may be needed at the next regular board meeting regarding real estate negotiations for the former hospital property

**C. ADJOURNMENT**

There being no further business, the meeting was adjourned at 9:35 a.m.

  
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Gordon Tinker, President

  
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Stephen Abbott, Secretary