

# Fallbrook Regional HEALTH DISTRICT

## BOARD WORKSHOP

### AGENDA

Saturday, January 27, 2018, 8:00 a.m. – 12:00 p.m.

Fallbrook Regional Health District, Board Room, 138 S. Brandon Rd., Fallbrook, CA

#### A. CALL MEETING TO ORDER

A Special Meeting may be called at any time by the President, or three Board members, by delivering notice to each Board member and to each local newspaper or general circulation, radio, or television station requesting such notice in writing, personally or by mail. Such notice must be delivered personally or by mail at least twenty-four (24) hours before the time of such meeting as specified in the notice. The call and notice shall specify the time and place of the special meeting and the business to be transacted. No other business shall be considered at special meetings. Such written notice may be dispensed with as to any Board member, who at, or prior to the time the meeting convenes, files with the Secretary a written waiver of notice. Such waiver may be given by telegram. Such written notice may also be dispensed with as to any member who is actually present at the meeting at the time it convenes.

#### B. DISCUSSION ITEMS

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|----|--|---|
| 20 | B1. Wellness Committee   | Barbara/Bill/Linda/Bobbi                                  |
| 10 | B2. Health & Wellness Centers<br>(Trips to Beach Cities & Tri-City)  | Barbara/Bill/Linda/Bobbi                                  |
| 10 | B3. Community Gardens (one in each District area)  | Barbara/Pam/Bobbi   |
| 20 | B4. Blue Zones<br>A. How does an organization become certified?<br>B. What is the process?<br>C. Financial Impact/Cost?<br>D. Site Visit – Loma Linda -TBD   | Bobbi<br><br><br><br><br><br><br>Barbara/Bill/Linda/Bobbi |
| 20 | B5. Expanded Behavioral Health Services<br>(All age groups: youth, teens, adults, Sr. adults)<br>Report from CentraForce   | Bobbi   |
| 20 | B6. Preventative Health<br>A. Science of Meditation<br>B. Science of Mindfulness<br>C. Yoga and other Modalities   | Bobbi   |
| 30 | Meditation/Mindfulness Experience<br>Sandra Buckingham, E-RYT200, RYT500, YACEP<br>Experienced Registered Yoga Teacher, Yoga Alliance, Continuing Education Provider<br>Fallbrook Wellness Directory Founder |   |

- 10 B7. Ribbon Cutting – Pre-Launch Bobbi  
(Fallbrook Healing Center and District’s Role) Info only – Oct. 2018  
Save the Date – All Board Members to attend.
  
- 20 B8. Prevent the Preventable Communication Only  
A. Food is Medicine – CBS Video  
B. Exercise is Medicine  
(Both of above in Partnership with the American College of Sports Medicine  
and the American Heart Association.)
  
- 20 B9. EMS/Mobile Health Care Howard & Stephen  
LYFT Presentation
  
- 30 B10. A+ Urgent Care Gordon & Howard  
RFP  
Responses

**NOTE:** This agenda posted at the Fallbrook Regional Health District Administration Office on Wednesday, January 24, 2018. The Americans with Disabilities Act provides that no qualified individual with a disability shall be excluded from participation in, or denied the benefits of District business. If you need assistance to participate in this meeting, please contact the District office 24 hours prior to the meeting at 760-731-9187.

  
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