

# Fallbrook Regional HEALTH DISTRICT


## AGENDA STRATEGIC PLANNING COMMITTEE

Wednesday, May 15, 2019 at 5:00 P.M.  
Board Conference Room, 138 S. Brandon Rd., Fallbrook CA 92028

Committee Members: Howard Salmon, Chair and Jennifer Jeffries, Co-chair  
Staff Members: Linda Bannerman, Pam Knox and Mireya Banuelos

1. Call to Order/Roll Call
2. Public Comments
3. Discussion Items
  - a. Fit2beKids Proposal
  - b. Wellness Center Facility Features
  - c. Framework for Community Based Health and Wellness Effort (this is in lieu of Blue Zone framework)
4. Adjournment

I certify that on May 14, 2019, I posted a copy of the foregoing agenda near the regular meeting place of the Board of Directors of Fallbrook Regional Health District, said time being at least 24 hours in advance of the meeting. The American 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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Board Secretary/Clerk

FRHD Wellness Campus  
"Form Follows Function"

Function	Possible Forms/Features	Notes
"Move and Groove" Spaces	Large space with appropriate flooring	Exercise classes, dance classes, fitness testing
Meeting Spaces	Multi use spaces that can expand and contract according to need	Conference space for 75-100 people – revenue stream from conferences and social events
Office spaces – multi purpose		
Office Spaces – specialties		
Multi Media Resources	Wall space for monitors Sound system	
Safe walking areas for purposeful walking	All-weather track	
Access to Vitamin N	Garden	
Outdoor events	Covered space for all weather use	
Accessible "when you like" fitness apparatus	Par Course	