



**Because YOU Matter!**

**Trumbull County Wellness Committee  
Meeting Summary  
Thursday, March 9, 2023**

The Trumbull County Wellness Committee met on Thursday, March 9, 2023, in the Conference Room of the Trumbull County Planning Commission, 185 E. Market Street in downtown Warren. Those in attendance included:

Jenna Amerine, TCCHD, Chairperson  
Mitzi Sabella, Planning Commission  
Barb Vingle, Clerk of Courts -on phone  
Marge Seyer, JFS  
Jessica Whitt, UHC – on phone

Chairperson, Jenna Amerine, called the meeting to order at 3:15 p.m.

**I. Old Business**

- Gym check in started in January. Avalon Country Club is now included.
- Discussion on changing home gym will happen next meeting. Additional information is needed from Brittainy.
- Kim Engle from Auditor's office will make sure new hires received Rally information.

**II. New Business**

- Waiting on word about on doing Lunch and Learns virtually.
- Barb Vingle updated everyone on the Biggest Loser Competition. She stated that there are 2 more weeks left and there are 14 people still left in the competition.
- The Wellness Committee has been tasked with informing county offices that have AED machines to check expiration dates on machines and tags. Mitzi Sabella will get a list of county offices that have the machines.
- Jenna is going to meet with Lisa Hovance of IT to discuss the website.
- Biometric screening will be on May 11, 2023, in the Commissioners' Hearing Room.
- March – promote Health Survey Drawing and sleep awareness week.
- April – Fitness Challenge based on gym check ins.

**III. Adjournment**

Next meeting will be on Thursday, April 13, 2023, at 3:00 p.m. in the Commissioners' Hearing Room. There being no further business, the meeting was adjourned at 3:58 p.m.