

**Maryland Advisory Council on Health and Wellness**  
**Draft Meeting Minutes**  
**July 17, 2024, 4:00-6:00 PM**

**Members Present**

Salliann Alborn  
Mary Backley  
Andrew Baker  
Crystal Bell  
Tara Clemons Johnson  
Jonathan Dayton  
Esa Davis  
Leigh Ann Eagle  
Jennifer Eastman  
Mychelle Farmer  
Gary Gerstenblith  
Roger Harrell  
Darryl Heggans  
Lindsay Lotter  
Jared Meacham  
Marsha Seidelman  
Jason Semanoff  
Vaple Robinson  
Pamela Williams  
Pamela Xenakis  
Lusi Braswell

**Members Not Present**

Tomika Coleman  
Jeffrey Duong Le  
Nghu Jonas  
Seth S. Martin  
Aruna Nathan  
Afton Thomas  
Teresa Titus-Howard

**MDH Staff Present**

Adeola Alayande  
Nkeiruka Ashieudu  
Raia Contractor  
Olivia Massa  
Miranda Ouellette  
Christa Thornton

**Members of the Public Present**

None

**I. Open Maryland Advisory Council on Health and Wellness 4:00 PM**

Adeola Alayande called the meeting to order at 4:00pm. She reviewed the agenda. Ms. Alayande took roll call.

Ms. Alayande recognized new member Lindsay Lotter from the Office of Minority Health. Ms. Lotter introduced herself and provided an overview of the work that she will be implementing.

**II. Presentation–Fitness For ALL! How supportive fitness can benefit the lives of people you support. 4:13 PM**

Ms. Alayande introduced Jared Ciner, Founding Director of SPIRIT Club. Mr. Ciner presented to the group about the history of SPIRIT Club as an organization and his passion for developing fitness programs that are inclusive for people with disabilities. He explained the concept of universal design for fitness classes

and provided an overview of the fitness services offered by SPIRIT Club, including group classes, adaptive equipment, and behavioral supports.

**III. Alcohol Outlet Density Mapping 4:40 PM**

Raia began at 4:49 with an introduction, she began to discuss the alcohol outlet Density Mapping . Raia began to present the impact of the project within the state of MD. She spoke about the data that is collected for this grant and how it helps with health outcome and disparities.

**IV. Committee Updates 5:35 PM**

- Arthritis
- Diabetes
- Heart Disease and Stroke
- Physical Fitness

**V. Public Comment**

No public member attendees; no comments.

**VI. Adjourned 5:57PM**

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**Next Meeting: September 18, 2024 4:00-6:00 PM**