



Maryland Advisory Council on Health and Wellness

Agenda

January 21, 2026, 4-6:00 PM

Virtual

Video call link: <https://meet.google.com/idp-nptj-cer>

Dial In: (US) +1 636-336-8238

PIN: 411 254 044#

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

- Welcome and Agenda Review
- November 19, 2025 Minutes Review/Approval
- Leadership Update

II. Presentation - Open My Heart Foundation 4:10 PM

Dr. Florence Champagne, CEO, Open My Heart Foundation

III. Presentation - NourishMD 4:35 PM

Brad Fallon, Assistant Secretary, Maryland Department of Housing and Community Development

IV. Committee Updates 4:55 PM

- Diabetes
- Heart Disease and Stroke
- Physical Fitness

V. Transition to Committee Meetings 5:00 - 6:00 PM

Next Meeting: March 18, 2026, 4:00 - 6:00 pm