



## VENTURA COUNTY AREA AGENCY ON AGING HEALTH ISSUES COMMITTEE MEETING

January 20, 2015

1:00 – 2:30 p.m.

Area Agency on Aging Advisory Council Center  
646 County Square Drive, Ventura (805) 477-7300

### **AGENDA**

1. Welcome and Introductions
2. Public Comments
3. Worksheet for Committee Goals and Objectives - update
  - a. Discussion and approval for items to be put on the back of the senior nutrition placemat
  - b. Exercise class update:
    1. Matter of Balance Training – Feb 23 and 24 at the VCAAA
    2. VCAAA 24/7 Fit Club Discussion
    3. 8 month schedule for all Evidence based programs
    4. Strategy for master trainers
    5. Advertising/marketing for volunteers and classes – rethinking how we reach people
  - c. Food Share Food Truck Collaboration
4. Other Committee Involvement/Notification – if any:
  - A. Housing and Transportation Committee
  - B. Planning and Allocation Committee
  - C. Legislative Committee
  - D. Senior Nutrition Committee
  - E. Optimal Aging
  - F. Outreach Committee
5. Other:
6. Next Meeting Date: March 17, 2015 from 1:00 – 2:30 pm