



Community Workshop: Eat Healthy and Be Active

April 10, 2013

7:00pm to 8:30pm; City Hall, Council Chambers

Agenda

- I. Welcome and Introductions (7:00 to 7:10)**
 - City of Hayward
 - HEAL

- II. Video: Weight of the Nation: Nashville Takes Action (7:10 to 7:30)**

- III. Overview of General Plan and General Plan Update Process (7:30 to 7:40)**

- IV. Group Exercise (7:40 to 8:25)**
 - Summarize key findings from Community Health and Quality of Life Background Report
 - Groups discuss policy concepts related to public health

- V. Closing and Next Steps (8:25 to 8:30)**