



Eat Smart, Move More NC Meeting Agenda

Tuesday, April 27, 2021

Zoom videoconference [registration link](#)

Executive Committee

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Chair

Healthy Places by Design

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Vice Chair

NCSU SNAP-Ed, Agricultural and Human Sciences

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Eat Smart, Move More NC

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Fayetteville State University

Catherine Pelone Hill

NCSU, Agricultural and Human Sciences

Gretchen L. Hofing

NC Division of Public Health

Ashley Honeycutt

UNC Rex Healthcare

Richard Rairigh

Be Active Kids

Susanne Schmal

NC Department of Public Instruction

Meeting Objectives:

- Provide opportunities for Eat Smart, Move More NC partners to learn about the importance of stress management in efforts to address obesity and wellness;
- Provide a venue for Eat Smart, Move More NC partners to share and network with each other; and
- Keep partners informed about the Eat Smart, Move More NC movement.

1:00 pm	Welcome, Introductions
1:10 pm	Stress management as a Core Behavior for Addressing Obesity and Achieving Optimal Health <i>Cheryl Giscombe, PhD, RN, PMHNP-BC, FAAN Melissa and Harry LeVine Family Professor of Quality of Life Health Promotion and Wellness School of Nursing University of North Carolina at Chapel Hill</i>
1:55 pm	Application Session Breakout group discussions to brainstorm ways to apply stress management approaches and share related resources.
2:15 pm	Eat Smart, Move More NC Updates <ul style="list-style-type: none"> • Subcommittees • Upcoming partner meetings
2:30 pm	Close



Use your camera app to complete the Membership Application or update your membership information.