



Zeta Phi Beta Sorority, Inc.
Rho Delta Zeta Chapter

P.O. Box 980154
Ypsilanti, MI 48198

2022-2023 Committee Report

Committee : Health & Wellness

Committee Chair: Airica Moore

Email: moorepearls.rdz@gmail.com

Phone: moorepearls.rdz@gmail.com

Date Submitted: 12/11/22

Next Meeting: 12/22/23

Committee Members: Tamiah Cunnigham, Cassandra James, Cherelle Barksdale, Dymon Wilson ,
Jazmine Harrison, Keisha Toole, Latasha Morris, Meshia Terrell, Vanessa Jackson

Report

Main Objectives/Goals of the Committee:

The Health and Wellness committee has the goal of maintaining and encouraging the health and wellness of the chapter by doing different wellness and fitness based activities during the year.

Summary of Recent Activities and Accomplishments:

- More forward planning for the Women's Health event in March
- Contact physicians who can speak at the event in March
- Possible fundraiser in February

Action Items:

- Communicate weekly in the chapter group chat the journal prompts that were discussed.



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Continued

Recommendations/Motions Coming from the Committee (if applicable):

Forward Planning:

Continue to plan for the Women's Health Event

Upcoming Events (if applicable):

Women's Health Event in March

Additional Notes:

Signature: Airica Moore

The Dynamic and Innovative Chapter