



*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

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Date Submitted: 11/5/22

Next Meeting: 12/11/22

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
- Plan December's activities
- 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:

*The Dynamic and Innovative Chapter*