

Commissioner Buchholz – Health Fair Report

List of Issues/questions yet to be answered

Purpose of Fair:

Do we simply present information or do something that will motivate the audience to improve their health? Without offering advice we can encourage attendees to talk to one another. Scheduling time for this after presentations will impact the length and number of presentations.

Teaching/learning options:

Do we limit these to lectures? There are possibilities of: poster presentations, panels of speakers to have conversations with audience, solicit input from audience about issues THEY want to have addressed, breakout sessions to create smaller groups to discuss how they wish to use the information they are given?

Future events to address additional topics:

These may be outside of commissions or even using something other than sponsorship by city government to avoid red tape, Existing speakers' series, talks to existing audiences such as lunch at the community center, working with other organizations to help them provide health education resources. Scheduling the timing of segments will depend on finding consensus on the issues above.

The Fair will be on Sept 9, from 12-3, at the Los Altos Community Center. Topics can be

1)dementia/mental health

2)Caregiving, including both caregivers and care receivers.

Title, so far, is Health Fair, this may be changed. Presentation schedule has not been determined though speakers likely will be given 45min and 15 min for Q&A. If introduction is 15 min, 45 min may be used for a panel discussion.

Discussion at Commission meeting Apr. 7 should include whether we should just focus on speakers or audience input in panel discussion as well for education; confirm title for event; marketing;

Vendors selection

Possible additional types of education such as poster presentations; ways we can emphasize what city already provides for wellness.