

Live Well Kingston

April Meeting Agenda and Notes

Wednesday, April 30th, 2025, 4:15 – 5:45 pm, In person, in conference room 2, City Hall, and Zoom. Here is the meeting recording:

I. Call to Order (5 min)

Commissioners	Present	Absent
Katrina Williams		
Anita Softness		
Nettie Morano		
Sarah Brainard		
Anthony Fitzpatrick		
Katrina Light		
Yvonne Creighton		
Open		
Kyle Muther		
Open		
Open		

- Guests: Emily Flynn, Kristin Kessler

II. Approval of Minutes (5 minutes)

- [March Meeting Notes](#)
 - Motion:
 - Second:
 - Abstention:
 - Vote:

III. Administrative Matters - none

IV. New Business (5 minutes)

- [LWK handout for tabling](#)

V. Old Business -

- Community Health Assessment Review - Anita (30 minutes)
- Strategic Reflection - Katrina and Kyle (30 minutes)
 - Structuring Proposal
 - Commission Needs/2025 Goals

VI. Announcements and Communications (10 minutes)

- [Kingston's Earth Fair](#), May 10th
 - Travel Well is hosting a bicycle valet
 - Grow Well is offering seedlings and planting advice
 - Age Well is doing [transportation program](#) Neighbor to Neighbor and Go Go Grandparent volunteer recruitment
- Health and Wellness Jam event at YMCA, May 17th, 10am - 3pm
- Live Well Kingston is tabling at the Kingston Farmer's Market, July 19th

VII. Next Meeting: April 16th, 4:15pm