
NO LIMIT HEALTH AND EDUCATION BOARD MEETING

SATURDAY DECEMBER 19, 2015, TIME: 10:00 AM
LOCATION: 595 W CHURCH ST, ORLANDO, FL 32805

CALL TO ORDER BY: MARSHON ROBINSON- BOARD CHAIRMAN

MEETING FACILITATOR: PERNELL BUSH- PRESIDENT/CEO

- I. **BOARD MEMBER ROLL** *Present Members:* Pernell Bush President/CEO, Marshon Robinson- Board Chairman Andria Giles -Treasurer, Tara Ervin Secretary, Keith Wright, VP of Programs, Stacy Raymonville Director of program Development, Melissa Geiwitz, Codeye Woody

Non present members: Dr. Vanessa Littleton Board Member, Robert Hampton, Allie Braswell

II. APPROVAL OF MINUTES

- Last Board Meeting held October 5, 2015. Not recorded.

III. OLD BUSINESS

Recap of 2015 of Accomplishments

- NLHE has touched over 650 lives this year. NLHE accomplished their goal to become visible in the community. Below is a list of events hosted in 2015
- 2 Professional Head Shot Days, Get Fit Day, No Limit Business Academy, Community Champions Award Brunch, Professional Workshop, Seminole County Meet and Greet, CPR Class, Mental Health Social, Limitless speed and conditioning, Beast Mode Fitness camp, Walk in the Park, UCF program, and Seminole County Day of Unity.

IV. PRESIDENT'S REPORT

- a) **STAFFING-** New Board member Sara Craft, and Codeye Woody
- b) **EVENTS-**Health Ambassador orientation in March Date: TBA
- 2nd Annual Get Fit day May 21, 2016 -Eagles Nest Park- Marketing for this event will start in January

- NLHE will review a task list to make this event more successful than the last one.
- c) **PROGRAM DEVELOPMENT** -: Heath Ambassadors - Keith has been leading charging on this program. We would like to duplicate this program on a larger scale. He currently conducts a personal training session. Boot camps are hosted once a month with everyone he trains individually get together on a Saturday.
 - The NBA will be sustainable program in 2016 hosted year round 1 day a week at two locations:
 - Seminole High School –Sanford FL -Lead by: Chris Henry
 - Evans High School Orlando FL-Open position
 - Target audience 9-12 grade ; hard to reach young men and ladies
- d) **BOARD COMMITTEE DEVELOPMENT** -
 1. Formal Process changes: Incoming board members will complete a new application for approval.- Stacy
 2. Extended Membership: Board members will now serve 2 years. This change will be updated in the Bylaws. -Pernell
- e) **NEEDS LIST**: Money is needed for funding No Limit Health and Education events.
 - Website calendar- which list all organizational wide and ambassador leveled events and location
 - For Ambassadors- business cards, pamphlets, marketing materials and a designated location

V. COMMITTEE REPORTS

- a) **FINANCE**:
 - Primary Account balance of \$2003.00. There has been a secondary account opened with PNC bank which has a balance of \$700 and the pay pal account balance of \$1,193.00 as of December 19, 2015
 - Stacy will draft a template for Thank you letters from sponsors. Along with establishing systems that specifies which category/ programs funds should be delegated.
- b) **RESOURCE DEVELOPMENT**:
 - We are currently working with establishing a partnership with Exodus United
- c) **COMMUNITY RELATIONS**-no updates
- d) **LEGISLATIVE**-No updates

VI. NEW BUSINESS

2016 Visions and Goals

- a) **TRACKING PROGRAMS**- It is essential to the organization to track all programs and events for 2016. Sign-in sheet are required at each event. Tracking forms will be scanned and uploaded in Google Drive.

- b) **IMPACT STUDY FORMS** – NLHE would like to develop a pamphlet to showcase programs, lives touches and annual events, and testimonials.
- c) **FUNDING OPPORTUNITIES**- Sem. Co, Sheriff Office
 - Jeff McCarrell has donated \$10,000 found the Seminole County day of Unity for the past 3 years. He has showed interest in NHLE and has set up a meeting to discuss his requirements in becoming a possible donor.
 - Friends Foundation: - NLHE may qualify for a grant up to \$9000.00 – Stacy has volunteered to write this grant.
- d) **2016 SEMINOLE STATE NBA**-Applications and Marketing for this academy will start in January. This year applications must submitted by April.
- e) **HEALTH DEPARTMENT 5K**- NHLE has partnered with the Seminole county Health Department to assist with marketing the 5k event in April, there is an opportunity to earn \$500 in exchange for building up excitement. NLHE plans to attend weekly staff meeting to prepare with this event
- F) **CEO/PRESIDENT EVALUATION** –Stacey will create an evaluation form for board members. January 16, 2016 is the assigned deadline to submit the Presidents evaluations.

VII. UPCOMING EVENTS

Board Meetings will be held every 2nd Saturday

NEXT BOARD MEETING: Saturday January 9, 2016

- February 13,2016
 - March 12,2016
 - April 9,2016
- ❖ All Board meetings will be held at: Time: 10 am Location: 595 W Church St, Orlando, FL 32805
(*unless otherwise stated by President Pernell Bush*)

VIII. ADJOURNMENT

- Motion to adjourn meeting by Chairmen Marshon Robinson motion second by President Pernell Bush meeting adjourned by Chairman Marshon Robinson