



Cuyahoga County Women’s Health Commission

Physical Health Committee

AGENDA

April 23, 2026 | 1:00 PM

Virtual - [Teams Link](#)

- 1. Welcome and Roll Call**
- 2. Committee Initiatives Calendar**

Initiative	Committee	Date	Notes
Podcast launch	Mental	April, 2026	Topic: Grief Points: Long, Brissett Advise: Conwell
Full WHC Meeting		May 28, 2026	All
Community Health Event Series - East	Physical	June 11, 2026	Points: Turner, Kaus, Thomas
Podcast	Mental	July, 2026	Topic: TBD Points: Merriman, Campbell Advise: Conwell
Full WHC Meeting		August 20, 2026	All
Podcast	Mental	August, 2026	Topic: TBD Points: Long, Brissett
Community Health Event Series - West	Physical	September, 2026	Points: Santana, Golembiewski, Moreland
DV event series	Mental	October, 2026	Point: Conwell
Full WHC Meeting		November 19, 2026	All
Period Product Drive	Physical	November, 2026	Points (External): Beene, Nickerson

- 3. Planning Community Health Event Series – East side**
 - a. Date – June 11th 4:30-7:30pm**
 - b. Location – Richmond Heights Community Center**

- c. **Topic – Hormones Across the Lifespan (Puberty, PCOS, Perimenopause, and more)**
 - d. **Speakers -**
 - e. **Agenda –**
 - f. **Registration process –**
 - g. **Outreach and promotion -**
- 4. Next Meeting**
- a. **Full WHC Meeting: May 28th at 9am**
 - b. **Set next committee meeting**
 - i. **Proposed dates**
 - 1. **May 14th at 1pm**
 - 2. **May 21st at 1pm**
- 5. Adjournment**