

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE MEETING
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
APRIL 13, 2026

FINAL

Chair Scroger called the meeting to order at 6:30 p.m.

PRESENT: Jeff Scroger, Chair
Christine Seamons
Nicole Whetstone, Vice Chair
Alisa Van Langeveld, City Council

EXCUSED: Sam Ball
Mason Bennett

STAFF PRESENT: Ken Leetham, City Manager.

1. CITIZEN COMMENTS

Christine Seamons expressed concern related to physical health/obesity and commented that two thirds of U.S. citizens were on weight loss medication. She spoke on emotional and mental health, poor eating habits, community gatherings, and education.

Jeff Scroger clarified per the Rand Institute that 12% of Americans were on weight loss drugs.

Councilmember Van Langeveld mentioned the prior meeting discussion around Christine Seamons preparing a wellness series/workshop. Christine Seamons replied that she was still interested in preparing wellness classes including meditation.

2. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of March 9, 2026 were reviewed and approved.

Committee Member Scroger moved to approve the minutes of March 9, 2026. Committee Member Whetstone seconded the motion. The motion was approved by Committee Members Seamons, Scroger, and Whetstone. Committee Members Ball and Bennett were excused.

3. DISCUSSION ON CITY'S WELLNESS SURVEY (CITIZEN FEEDBACK)

Councilmember Van Langeveld commented that there were fewer responses this year than in prior years but noted that enough responses had been received to meet the threshold requirement. She spoke on survey fatigue by residents with the previous surveys in 2024 and 2023 and said the next survey could be administered in two years or four years.

4. REVIEW WELLNESS FAIR/NIGHT OUT AGAINST CRIME/BACK TO SCHOOL NIGHT (FORM EMAIL)

Jeff Scroger commented that he would send the form email to the Committee this week and requested any feedback.

The Committee reviewed a map of Legacy Park related to potential locations for the vendor booths, the Back to School Night area, police and emergency vehicles, K-9 demonstration, etc.

5. REVIEW PROPOSAL RELATED TO CLASSES FOR THE YEAR

a) SOUND BATH OR MEDITATION CLASS

Christine Seamons commented that the consensus from the Committee was to host a meditation class in May or June.

Councilmember Van Langeveld spoke on a prior discussion related to adding these types of classes through the summer recreation program including yoga in the park. She said this could include classes in the park or at City Hall.

Nicole Whetstone commented that she had reached out to Davis Behavioral Health related to the youth learning to breathe/mindfulness program. Councilmember Van Langeveld mentioned asking about an abbreviated class.

The Committee discussed hosting the meditation class through the City's recreation program to process registrations and waivers. They also reviewed classes (tennis, sound bath, tai chi, yoga, zumba), locations (parks, City Hall), inviting the Youth City Council, and payment for the instructors.

Christine Seamons suggested having a local celebrity emcee the Health and Wellness Fair to bring in more attendants. Ken Leetham replied that he felt this may eclipse the Night Out Against

Crime. He also said he could ask the police department if they would be interested but did not want to overstep.

Christine Seamons mentioned how difficult it was to access mental health providers and the importance of finding additional outlets to address these issues. Councilmember Van Langeveld was in favor of growing the Health and Wellness Fair and the potential for a standalone event.

Christine Seamons commented that she could provide the meditation class on May 21st or 27th at 10 a.m. in City Hall. She suggested having chairs setup and requesting residents dress comfortably.

Councilmember Van Langeveld suggested gauging the first session and then future sessions could include a sound bath. She commented that she had a contact that was interested in teaching Zumba and was a certified silver sneaker instructor, which was fitness intended for seniors.

b) FREE CITY RECREATION CENTER DAY

Jeff Scroger mentioned the free day at the South Davis Recreation Center for City residents. Ken Leetham confirmed that the date was June 25th and said staff would advertise this information.

6. REVIEW PROPOSAL RELATED TO SWAG FOR CITIZEN PROGRAMS

a) ART DEADLINE AND SCHOOL PICKUP-MAY 15TH

Jeff Scroger commented that Mason Bennett sent an email detailing which trails would be assigned to each school. The Committee discussed the following changes and including Spectrum Academy:

- Wild Rose Trail: Orchard Elementary
- Springhill Geologic Park and Gregerson Trail: Adelaide Elementary
- Foxboro Wetlands Trails: Wasatch Peak and Spectrum Academies
- Legacy Trail: Foxboro Elementary

Jeff Scroger explained that the art for the stickers/swag would come from students at the school. He added that residents would use the Strava app to track their activity at these parks resulting in earning a sticker. He said if residents obtained all four stickers they would then receive a water bottle. Councilmember Van Langeveld said the sticker designs should be submitted by the end of

the school year (May 22nd). She suggested opening the design contest to the junior high and high schools next year.

b) PROMOTION OF TRAIL SERIES

Councilmember Van Langeveld mentioned a trail series (four trails) and suggested a separate event series where residents could also receive stickers for attending. She noted these events could be the Health and Wellness Fair, Liberty Fest, Kite Festival, etc.

c) SWAG DISBURSEMENT

Nicole Whetstone asked where residents would obtain the stickers. Ken Leetham said residents could receive stickers at City Hall or at City events.

Jeff Scroger added that there could also be a community service sticker (Arbor Day, Purge the Spurge) as well as the trail and event stickers.

The Committee discussed the following events where residents could potentially earn a sticker:

Community events:

- Night Out Against Crime
- Kite Festival
- Winter Lights
- Trot or Treat (Halloween)
- Liberty Fest
- Get to the River

Community Service:

- Trail cleanup
- Purge the Spurge
- Arbor Day
- Neighborhood potluck

Activity:

- Get to the River
- Bike ride
- Trot or Treat (Halloween)

Art:

- Visit the mural(s)
- NSL Reads
- Photo contest

The Committee discussed the sticker design contest including the deadline of May 22nd, all grades could participate, revising the form to include name and contact information, and having Mason Bennett contact the school principals and share the contest form.

7. DISCUSSION ON NEIGHBORHOOD BLOCK PARTIES

Nicole Whetstone reported on the documents she had received from Tooele City related to their block party program. She mentioned the America250 potluck and reserving a table at that event to promote the neighborhood potlucks. She added that the goal was to sponsor 30 potlucks with 5 sponsored by One Kind Act a Day. She spoke on advertising for social media and the June City newsletter. Ken Leetham commented that staff would have an application form prepared by July 5th. He also said staff would prepare the advertising.

The Committee reviewed what should be included in the host packet:

- Events calendar
- Lee's gift card
- Flyer for trail/event series (sticker redemption)
- Host signature sheet (Ken to prepare)

Potluck host form should include:

- Host information
- Request for councilmember (non election year) or law enforcement/fire department personnel attendance
- Requirement to report back either via social media or email (photo consent)

Nicole Whetstone commented that she would prepare the draft form and checklist for the neighborhood potluck requests. Ken Leetham offered to prepare the host signature sheet and sign-up form. He noted that all forms needed to be available electronically per State law.

8. DISCUSSION ON COMMITTEE BUDGET REQUESTS AND PROPOSED EXPENDITURES

Jeff Scroger reported that during the annual report to the City Council he had requested a budget of \$6,000 for community and connectiveness.

Councilmember Van Langeveld spoke on Jeff Scroger's presentation to the City Council. She noted that he focused on the foundation of the wellness survey and why the Health and Wellness was focusing on certain goals. She suggested \$3,000 for the block parties (30 events), \$1,500 for the Purple air monitors, and \$2,000 for event swag for a total of \$6,500.

Christine Seamons asked if the Health and Wellness Committee could sell items to raise money or receive donations. Councilmember Van Langeveld replied that the Committee could sell shirts and how the funds would go into the General Fund and then be allocated to the Health and Wellness Committee. She said residents could also donate to the City with an earmark for the Committee.

Christine Seamons said people would donate for a good reason like mental health. Councilmember Van Langeveld responded that the Arts Committee had asked a similar question related to fundraising for public art. She said the City Attorney recommended a 501c3 but noted that it would need to be setup by a resident and not the City.

Ken Leetham stated that his concern was that every City committee and department wanted to fundraise. He said the City fundraising efforts primarily centered around donations from corporate sponsors for Liberty Fest or other City events. He discouraged requesting donations from Lee's Marketplace, Chevron, and Big West Oil because this may result in fatigue from other corporate donations already provided.

9. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

Jeff Scroger reported that Mason Bennett met with the Trails Committee and that they were receptive in setting up the trails events and the Strava app.

Councilmember Van Langeveld spoke on the goal to establish a path and an urban trail circuit around the City in conjunction with the Trails Committee. She mentioned that the City was establishing a greenway along Orchard Drive in connection with several cities including Bountiful, Centerville, and Farmington. She said the greenways would promote biking and walking.

Christine Seamons asked about new City entrance signage. Councilmember Van Langeveld responded that the City was revising and beautifying the City entrances including Eagleridge Drive but said new signage was not planned at this time.

Christine Seamons reported on the Senior Lunch Bunch and their request for a talent show which would be held on May 13th. She mentioned the sign up sheet included cowboy poetry, storytelling, textile arts, etc. She said the senior lunches were well attended.

Nicole Whetstone spoke on a webinar related to reducing ageism and connecting the elderly community. She asked if there was an existing program that helped support intergenerational relationships with youth and seniors. She also mentioned having seniors teach classes to the next generation.

Councilmember Van Langeveld suggested asking the seniors if they would be interested in volunteering to read to/with elementary school children.

10. CITY COUNCIL UPDATES

Councilmember Van Langeveld commented that the Health and Wellness Committee's presentation was amazing and felt that it would result in support and buy-in from the City Council.

Jeff Scroger reviewed part of the presentation including those items with high importance and high rating and the problem areas which were high importance but low rating including local environmental quality, connection with nature, and social connection. He said these were the three areas of focus for the Committee.

11. COMMITTEE MEMBER BUSINESS

Nicole Whetstone confirmed that her task list included the block party task list and draft documents.

Ken Leetham would prepare the sign up form and the signature page for the neighborhood potluck. He said the City would setup a booth at the July 5th America250 potluck.

The Committee also assigned obtaining information on Purple air monitors to Sam Ball, sending the sticker contest form to the school administration to Mason Bennett, and researching the Silver Sneakers program to Councilmember Van Langeveld.

12. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT MEETING

The Committee determined the following items would be discussed at the next Health and Wellness:

- Citizen Comment
- Approval of Minutes
- Review Wellness Fair/Night Out Against Crime/Back to School Night
 - Review form email
- Proposal related to classes for the year
 - Meditation class (Christine)
 - Other classes (tennis, basketball, Zumba, yoga, etc.)
 - Classes through the City's Recreation program
 - Silver Sneakers (CM Van Langeveld)
- Free City day at the South Davis Recreation Center
- Proposal related to swag for citizen programs
 - Art deadline and pickup- May 22nd
 - Provide contest forms to schools
- Neighborhood block parties
 - Review forms & task list
- Discussion on budget requests and proposed expenditures
- Discussion related to supporting intergenerational relationships with youth and seniors
 - Read to elementary school children
- Discussion on feedback from other committees
- City Council updates
 - Purple air monitors (Sam)
- Committee member business
- Discussion on future agenda items and schedule date for next meeting
- Review of meeting time (goal of 6:30 to 8:30 p.m.)
- Adjourn

The Committee noted there could be a conflict with holding the meeting on May 11th since that would be the ribbon cutting for the new dog park so they discussed alternate dates. There was consensus to hold the next Committee meeting on June 1, 2026.

The Committee also mentioned the following future agenda items:

- Point in time count/Code Blue report
- Advising on housing policy (Ken to report after 2026 Legislative session)
- Review of City's Wellness Survey results (June/July)
- Review draft policy and criteria involvement with non-city organizations (Ken)
- Discuss Wellness Fair/Night Out Against Crime/Back to School Night (on agenda through August)
- Discuss SHARP survey/action plan results

13. ADJOURN

The meeting was adjourned at 8:42 p.m.

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on May 11, 2026 by unanimous vote of all members present.



Jeff Scroggs, Chair



Wendy Page, City Recorder

