

City of Hyattsville
Health, Wellness, and Recreation Advisory Committee
Minutes
7:00-8:30 PM
July 24, 2025

Committee Attendees: Nicole Betschman, Erica Thomas, Rachel Huggins, Marylyn Presutti, Dyann Waugh

Staff Liaison: Jazmin Shorts

Public Attendees: Kelson Nisbett, Scott Wilson, Maximilian Vasquez

Council Attendees: Michelle Lee

Meeting Began - 7:06 PM

Meeting Adjourned - 7:41 PM

1. Amend/Approve minutes from June meeting
 - a. Nicole motioned, Erica seconded. Motion passes unanimously.
2. Speaker Series
 - a. Bike Rodeo- 8/16/25
 - i. Everything is confirmed. Peter said that everything is done and the parking needs to be marked off. The flyer just needs to be translated to Spanish.
 - ii. The flyer is on social media and has been shared
 - b. Self Care Saturday
 - i. Rebecca on board for two courses for 30 minutes for all ages (family) and then experienced/all levels for Saturday, Sept. 13th
 - ii. Rebecca has 10 yoga mats and Erica and the City will check for other yoga mats as well.
 - iii. Will check with Rebecca to see what her cap is for her max attendance
 - c. Lupus Awareness- 10/4/25
 - i. Speaker will be Kimberly Boddie
 - d. Blood Pressure/Heart Health
 - i. February will be heart health month
 - ii. February 6th for Go Red Day
 - iii. Possibly spaces for Hyattsville Library or the Community Center

- iv. Dyann mentioned lipoprotein A testing
<https://www.heart.org/en/health-topics/cholesterol/genetic-conditions/lipoprotein-a>
 - v. <https://familyheart.org/lpa-awareness-day>
- e. Health fair/FUMC Health Fair- Sept. 6th 10a-2p
 - i. Dyann will promote the activities at the health fair but will need help with someone on the committee to help with table. Marylyn volunteered.
- f. Nutrition
 - i. Dyann needs to reach out to her contact
- 3. THRIVE grants
 - a. Formatting
 - i. Marylyn will reach out to Cheri and next month we will review the edits before it goes live.
- 4. Public comment – limit 2 minutes per speaker
 - a. none
- 5. New Business
 - a. Gopi Dhokai introduced as the new liaison and from Ward 3
 - b. Ward 4 Community Day is August 16th in the evening
- 6. Adjourn
 - a. Motioned by Erica, Seconded by Dyann, unanimous approval.