

Move 2 Health Equity Coalition
Healthy Spaces / Blue Zone Working Group Meeting
July 2, 2026

- Attendance: Gregg, Jackie, Greg, Kristin, Hanna
- Greg Connecting with Ivy Hinton
- Community Health Station at The Point Church (10am-1pm; 2nd & 4th Thursday)
 - Similar to the Community Health Station in Fifeville (Food, Narcan, Blood pressure, etc)
 - Clients from The Haven, Salvation Army, etc.
 - Grief group request
 - Gun violence session & potential partnerships
 - Volunteers: Jackie Martin, Greg Gelburd, Krisin Miller, PACE, Region 10,
 - Cava - Jean Cash (mental health)
- Medicaid AI presentation - Gregg & Jackie
- Unhoused Day
 - Greg & Jerry - connect about health access
 - Hanna & Greg - connect with Isis about connection
 - Hanna - follow up with everyone over email
 - Jackie - connect with L Hogan (UVA contact)
- Follow up:
 - Grief Cafe/Group
 - Medicaid Social time change
 - Unhoused support
 - BamaWorks Grant

Move 2 Health Equity Coalition
Healthy Spaces / Blue Zone Working Group Meeting
June 4, 2026

- Attendance:
 - Kris, Gregg, Jackie, Greg, Hanna, Jerry
- Friday night vigil; Gregg & Greg after Fridays After 5pm
- Blue Zone planning under Move2HealthEquity
 - How do we get more folks involved?
 - Who is the facilitator of this group that moves forward with initiatives?
 - Greg talking with Kathy Boyd - ReLeaf and Cultivate for the easiest lift is to support and see what we can do other groups. Take the things that are



- Movement - Speak with Prolific to see how we can support him and hire him as a consultant to create more of these groups around town
- Bringing folks that Greg is talking to into the working group and seeing if they are willing to work alongside us to promote the concepts of Blue Zones.
- Creating tiers of engagement & promoting all kinds of healthy spaces
- Greg doesn't want the Blue Zone initiative to fizzle out after the Tom Tom
- Start small & step by step move forward - grow things organically
- Gregg leads Access to Healthcare, Hanna leads Healthy Food Systems, Jackie & Greg lead Blue Zone conversations
 - Jackie & Greg to meet monthly to discuss agenda
 - Check in time is once a month; 1st Thursday at 9am (Gregg steps out at 9:30am to join the Fluvanna IAC)
 - Jackie, 2nd & 4th Thursday at the Point to set up a health station

Move 2 Health Equity Coalition
Healthy Spaces / Blue Zone Working Group Meeting
April 13, 2026

- Attendance:
 - Jackie, Gregg, Hanna, Greg, Shana, Kristin
- Healthy Streets Healthy People
 - Scheduled a week before Festival of Cultures and looks similar (in partnership with IRC and Piedmont but not M2H)
 - Why are communications about this event not being shared with the M2H coalition? - How are we moving forward with dates and communications?
 - Coordinating events & communications
 - Sept 24 - Know your numbers
 - Maybe next Healthy Streets Fall in October?
- Debrief about TomTom
 - Greg: Conversation at each group was good, opening conversations were good, and disappointed about size of turnout and TomTom
 - Shana: Commonhouse closure impacted folks showing up, and had outside folks asking for follow ups, liked the first sessions
 - Gregg: Notes taken in groups? And how do we move forward?
 - Jackie: What is our goal?

- Greg: Feels like a launch for a many year project to collaborate with existing organizations to do some of the work of power 9 & Blue Zone theory - shine a light on each of these groups & enhance their existence. Does not have a clear vision of what our roles are going forward. Vision of a website & pamphlet to share how folks can get involved.
- Hanna: The take down of the event wasn't organized & I ended up cleaning up alone. Leading up to the event, I wasn't included in the email communications or application portion and it led to me getting information second hand and being behind on parts of the process while developing our website and managing existing programs and meeting needs. It made the event organization stressful, which felt unnecessary in the larger scheme of hosting public facing events. I also didn't feel like my time was thought of and the labor needed was truly taken into account.
- Next Steps
 - Greg was asked to talk at a conference about bicycling & talked with a civil engineering firm about thriving cities & talked with someone about their class on blue zones for the city of Nashville.
 - M2H action team - Healthy Spaces; Needing some meetings to pull folks together some more concrete steps moving forward
 - Kris: Does this name align with the group? There might be confusion with members that these are existing working groups
 - Healthy spaces hasn't met as a group since 2020/2021
 - Other action teams: Active Communities (Mobility Alliance +), Healthy Food Systems (Hunger Action Coalition + Food Justice Network), how does the power 9 fit into this?
 - Strategic planning/Doing? (Salina Cozart facilitation - \$2,500)
 - Creating a 30 day plan and longer range plans
 - Schedule monthly meetings?
 - 9am June 4th - Healthy Spaces Working group meeting
 - Jackie to bring the event pages to the M2H meeting next wednesday
 - Discuss in the next M2H coalition meeting

Move 2 Health Equity Coalition
 Tom Tom Event Meeting
 May 7th, 2026

Attendance: Hanna, Gregg, Greg, Jackie

Action Items:

- Invites still being sent out
- Create printable materials (Hanna) & Print for event (Jackie):
 - Coalition sign up sheet
 - Facilitation 1pg guides (Jackie)
 - Table tents
 - Power 9 print outs - 8 copies
 - <https://www.bluezones.com/2016/11/power-9/>
- Materials:
 - Pens (Gregg)
 - Markers (Jackie)
 - M2HE Stickers (Hanna)
 - Food catering - Light refreshments from Order Up (Jackie)
 - Coffee, tea, water +
 - \$500 budget
- Facilitator stipend (\$125 for Carmelita & Shelly)
- Supply purchases (Greg)
 - 4 Legal pads (8.5x11)
 - Pack of nametags
 - Pack of index cards
 - Pack of sticky notes (standard or 3x5)
 - Big flipchart pads
- TomTom material pickups (Greg)

Agenda & Notes:

- Confirmed Facilitators (4):
 - Carmelita - FNA non-displacement & belonging
 - Peter - Movement
 - Hanna - Food access & healthy food systems
 - ~Shelly, co-ED at women's center
 - or potentially Alicia Lenahan co-chair of Trauma Informed Community Network & Mental Health and Wellness Coalition
- Event run plan:
 - Welcoming & Opening remarks:
 - Jackie & Gregg (M2HE) 5 mins
 - Greg (Blue Zones+) 10 mins
 - Asa film introduction (5 mins)
 - Landscapes of Longevity (12 mins)
 - Facilitator introduction (30 mins - 4 individuals)

- Speak about their work and how relates to the power 9 that it represents
- Facilitated discussion (2 x 20 mins breakout sessions)
 - Introductions & definition of work
 - How do they incorporate principles of the blue zone power 9 & the specific principles of their table
 - What organizations stand out to you as doing these things in the community? (Sticky notes)
 - Questions
- Wrap up (20 mins)
- Goal: Recruit people, connect with each other, energize each other
 - Care for themselves & community (individual level)
 - Motivate people
- Organizer debrief lunch (12/12:15 depending on clean up needed)
- Next meeting: Thursday, April 23rd at 3pm

Move 2 Health Equity Coalition
Healthy Spaces & Blue Zones Action Team - Tom Tom Meeting
February 23, 2026

Attendance: Jackie, Gregg, Greg, Shana, Hanna

Action Items:

- ☒ ~~Email larger group about Tuesday, March 10th (9am-10:30am)~~
- ☒ ~~Notes sent out to larger group~~
- ☐ Visit Commonhouse space
 - ☐ Take video & answer questions - Greg follow up
- ☒ ~~TomTom poster & follow up~~
 - ☒ ~~2026 - Community Partner Programs~~
- ☐ Event outline & role plan
 - ☒ ~~2026 "M2H equity Blue Zone committee" - CPP Planning Document~~
- ☐ Email invites w/ facilitator roles & guest invites
- ☐ Start outreach plan

Agenda:

- Tom Tom Event
 - Space: 50 people capacity
 - Set up: Tall standing tables &
 - Grouping based on area of interest
 - Power 9 & Representatives
 - (<https://www.bluezones.com/2016/11/power-9/>)
 - (Move Naturally) Peter Krebs, PEC - Greg Gelburd invite
 - Invitees:
 - (Eat Wisely) Hanna Strauss, BRHAC
 - Invitees: VCE,
 - (Connect) Carmelita Wood, FNA - Jackie Martin invite
 - Invitees: The Point Church (Jackie), Sam Presler, Joe V.- Good News Jail & Prison Ministry
 - (Right Outlook) Shelly Wood, Women's Initiative - Jackie Martin invite
 - Invitees: Fountain Fund (Shana), Contemplative Sciences (Shana), Mindfulness (Shana), **Compassionate Care** (Shana),
 - Title: Could Charlottesville be a Blue Zone? Sponsored by Move2Health Coalition

- Objective: Speakers present at the coalition & bring people to the coalition
 - M2H April - TBA
 - M2H May - Women's Initiative
 - M2H June - TBA
 - M2H August - BRHAC & Cville Feeding 500
- Follow up tasks:
 - Email larger group about Tuesday, March 10th (9am-10:30am)
 - Space video & questions - Greg
 - TomTom poster & follow up
 - 2026 - Community Partner Programs
 - Notes sent out to larger group
 - Event outline & role plan
 - 2026 - "M2H equity Blue Zone committee" - CPP Planni...
 - Email reminders w/ facilitator roles & invites
 - Start outreach plan

Move 2 Health Equity Coalition

Healthy Spaces & Blue Zones Action Team - Tom Tom Meeting

January 21, 2026

- Tom Tom Festival Questions
 - Details of the event due ASAP (Jan 16th)
 - Break out sessions in 50 (work with 8/9 concepts)
 - Common house block (space available)
 - Ticketed through festival & venue not open to the public
 - Capacity? 2 Rooms downstairs - Natalie asking about room capacity (72 seated & 100 standing)
 - Jefferson School - hosts events in (potential discount/free during TomTom festival spaces)
 - Central Library Swanson room
 - April 22-26th (starting Wednesday afternoon)
 - All over the city & just host courage themed event w/ Tom Tom branding
 - Block party (Saturday afternoon through evening)
 - Afternoon/during the day

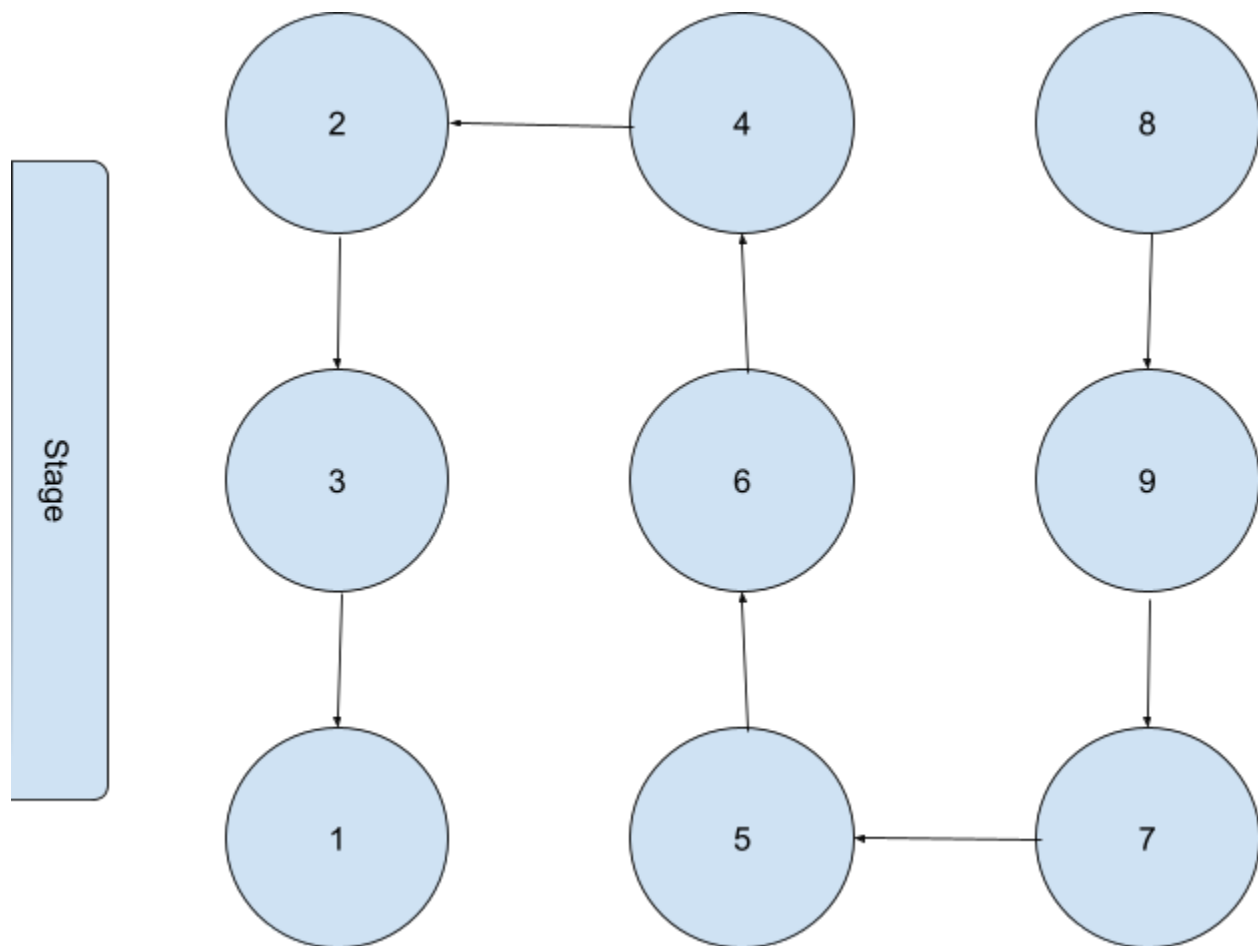
- Technology innovation summit during Saturday & Sunday in the code building (late morning through early afternoon)
 - Aim for later afternoon (~4pm) before the party
 - Title: Can Charlottesville be a Blue Zone?
 - Legality?
- Blue zones (Tom Tom organizers think its cool & had naming suggestion of “Can Charlottesville be a Blue Zone?”)
- Options:
 - Room w/ 50 ppl
 - Presentation for an hour (form of committee group that’s moderated)
- Responsibility of Tom Tom?
 - On the program/advertised through schedules
 - Tom Tom logo & badges
 - 60 community partners
- Pitch night
 - Applications open February 2nd

Move 2 Health Equity Coalition
 Healthy Spaces & Blue Zones Action Team
 January 2026

Welcome & Framing

- Jackie, Gregg W., Greg G, Hanna, Kristin, Alicia
- Discussion Topics:
 - Name: Move2Health Coalition
 - Tom Tom Festival
 - Code building theater (300 people)
 - City Space, Library, Jefferson School, Center for community partnerships, etc (place for round tables)
 - Taking an inventory of M2HE
 - Outline:

- History (10 mins)
 - Who we are? How we got to this space?
- Questions
- Tables around principles & action teams
 - 9 for each
 - Moving between
- How are you engaging?



Move 2 Health Equity Coalition
 Healthy Spaces & Blue Zones Action Team
 December 2025

- Welcome & Framing
 - Jackie, Gregg W., Greg G, Jerry, Hanna, Kristin, Shana, Alicia

- Discussion Topics:
 - **Power of 9**
 - Move Naturally
 - Purpose
 - Downshift
 - 80% Rule
 - Plant Slant
 - Wine at 5
 - Belong
 - Loved Ones First
 - Right Tribe
 - “Use what we want & apply what works”
 - Case study: Jacksonville, FL
 - **TomTom Festival**
 - 2 min presentation with 10 folks for goal (Paul Beyer pitch)
 - Approved as a presenting group for ~50 people of 2-3 hour presentation or 1 hour talk open to all Tom Tom participants
 - Maybe breakout groups?
 - Invite speakers?
 - Theme: Courage and Future Forward
 - April 2026 (Second week)
 - **Nutrition Programming** (Potential VCE & Pantry Connections)
 - Community nutrition education & partnerships
 - Feeding 500 update
 - Community Meal (Purpose)
 - **Mental Health Awareness Month** (Sound Baths)
 - Community Health Station @ The Point Church on West Main
 - **Coalition building** (Future meetings & Community connections)
 - Mental Health (Paige @ Region 10)
 - Peer support and working with rural settings (Caring Connections)
 - Trauma informed network of Cville

- Neighborhood associations like Fifeville
- Notes from Greg Gelburd:
 - Blue zones is copy righted, “compassionate charlottesville” working title; from a starting conversation in February 2025
 - 9 tentacle octopus; and existing/smaller scale - goal of utilizing existing structures and expanding outreach through coalition building & best practice sharing
 - Flexibility in the concept
 - Environmental health as the first community connection (RELEAF, Tree Stewards, Community Gardens, etc.)
 - The Crossings community garden & Cultivate Charlottesville - potential for education aspect
 - E-bike example (basically electric motorcycle)
 - Demographics on scooter and ebike accidents thru the emergency departments
 - City council
 - Potential partnership with PEC (trails & pedestrian impacts) & the grocery co-op/food systems
- Closing thoughts & Follow up tasks
 - Informal Assessment
 - Coalition Building & Branding
 - Color palette & M2H as the meeting space and organizer
 - Mission & vision statements: “How do we save ourselves?”
 - General M2H history (Barbara Yager has typed this up)
 - Starting from Community Action on Obesity and 20 yr+ history
 - Next meeting: 10-10:30am after M2H January Meeting

TomTom Programming
Saturday, April 25th 10am-12pm

Project Deadlines

- By Friday, March 6

- TomTom paperwork completed
 - Commonhouse space confirmed
 - Questions about space drafted & sent
 - Role & event outline drafted
 - Project deadlines drafted
 - Facilitator & guest invites drafted
- By Friday, March 13
 - Follow up meeting (Mar. 10)
 - Commonhouse space questions & video completed
 - Presented at M2H coalition meeting
 - Role & event outline finalized
 - Project deadlines finalized
 - Facilitator & guest invites finalized
 - Facilitator invites sent
 - Public outreach plan drafted
- By Friday, March 20
 - Follow up on facilitator invites
 - Guest invites sent out
 - Public outreach finalized & started
 - Opening statements drafted
 - Discussion questions drafted
 - M2H flyers & materials drafted (advertising Medicaid Assistants, Action teams, Coalition, etc)
- By Friday, March 27
 - Confirmations from facilitator & guests
 - Public outreach continued
 - Discussion questions finalized
 - M2H flyers & materials finalized
 - Opening statements finalized
- By Friday, April 3
 - Confirmations from guests
 - Public outreach continued
 - Discussion questions shared (have they already been shared with facilitators at this point?)
 - M2H flyers & materials printed
- By Friday, April 10
 - Public outreach continued
- By Friday, April 17
 - Public outreach continued
 - Presented at M2H Coalition meeting

- By Friday, April 24
 - Event checklist & all materials prepared
- By Friday, May 1
 - Debrief meeting scheduled/already held

Facilitator Invitations

Discussion group influence: <https://www.bluezones.com/2016/11/power-9/>

- [Move Naturally] Peter Krebs - Piedmont Environmental Council
 - Lead Contact: Greg Gelburd
- [Eat Wisely] Hanna Strauss - Blue Ridge Hunger Action Coalition
 - Lead Contact: Hanna Strauss
 - Potential M2H Coalition speaker for August 12th
- [Connect] Carmelita Wood - Fifeville Neighborhood Association
 - Lead Contact: Jackie Martin
- [Right Outlook] Shelly Wood - Women's Initiative
 - Lead Contact: Jackie Martin
 - Potential M2H Coalition speaker for May 13th

Facilitator ask & potential language:

Hello! Move2Health is hosting an event on Saturday, April 25th 10am-12pm in coordination with the TomTom festival and we would like you to participate as a small discussion facilitator. We are organizing discussion around the Blue Zone concepts of more naturally, eat wisely, connect, and right outlook.

As a community member/representative of – organization, we would love to have you facilitate conversation around — area with the conversation divided around 2 main discussion sessions. We are inviting M2H coalition members, community partners, and news folks to join the conversations around these Blue Zones concepts as they align with Move2Health's goal of equitable access to healthcare across the greater charlottesville area.

M2H will provide drafted discussion questions to help guide your small group but we would love to coordinate with you and make any edit you see fit. (Include event outline & M2HEquity@gmail.com contact for further follow up) Thank you!

Guest Invitations

- [Move Naturally]
 - Prolific
- [Eat Wisely]
 - Virginia Cooperative Extension
- [Connect]
 - The Point Church

- Neighborhood association leaders (10th & Page,)
- Sam Presler
- Good News Jail & Prison Ministry, Joe V.
- Sam Heath -
- [Right Outlook]
 - Community Mental Health and Wellness Coalition
 - Fountain Fund
 - Contemplative Sciences
 - Mindfulness
 - Compassionate Care

Public Outreach Plan

[Draft due March 13th]

Invitations out (up to 50?)

Flyer -

Roles & Event Outline

9:30-50am	M2H set up - Round discussion tables or standing circle tables - Space on the side for tablers/information?	
9:50-10am	Prepare for folks & chat	
10-10:15am	Opening Remarks & Introduce M2H	Jackie, Gregg, Greg
10:15-10:20am	Stand up & introduce tablers/orgs	Jackie & Gregg
110:20-10:25a m	Get settled at new tables	
10:25-10:30am	Intros & welcome to tables	
10:30-11am	1st Discussion Session	
11-11:30am	2nd Discussion Session	
11:30-11:45am	Closing Thoughts & follow up	
11:45-11:55am	Thank you and how to connect with M2H	
11:55am-12pm	End of meeting milling abt	

Education access & stability

- Quality K-12 education, college education
- Not: Poorly performing schools, bullying

Neighborhood & built environment

- Sidewalks, childcare, affordable housing, nutritious foods
- Not: Crime or violence, polluted air or water, food insecurity

Move

- Move naturally

Social & community context

- Supportive family and friends, clubs and organizations
- Not: Discrimination, neglect, loneliness or isolation, abuse

Connect

- Belong
- Loved ones first
- Right tribe

Healthcare access & quality

- Health insurance, online medical records, Telehealth
- Not: Language barriers, no health insurance

Right Outlook

- Purpose
- Downshift

Economic Stability

- Steady income, stable job, retirement savings
- Not: poverty, unemployment

Eat Wisely

- Wine @ 5
- Plant Slant
- 80& Rule