

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8	9 12:45—4:30 pm Dan Burden Presentation and Walking Audit in LR UALR Donaghey Student Center (Same as event held in NLR in October)	10 2:00—3:00 pm Listening Tour Planning Meeting Community Development Conf Room (116 Main St)	11 3:30—4:30 pm Community Gardens Workgroup Meeting Neighborhood Services	12 9:00—10:30 am NLR School District Wellness Committee NLRSD Central Office 1:30—3:00 pm Events & Promotion Bernadette's Conf Rm (1st floor City Hall)	13	14
15 12:00—4:00 pm Fit 2 Live Table at Food Day McCain Mall	16	17 FIRST-TIME EVENT	18 1:30—2:30 pm Joint Use Agreements Workgroup Meeting City Services Conf Rm	19 1:30—2:30 pm Healthy Options Workgroup Meeting City Services Conf Rm	20	21 9:00 am—12:00 pm Bike Adventures Workshop Location TBD—either City Services or Dickey-Stephens parking lot
22	23 1:00—3:00 pm ArCOP Meeting (Arkansas Coalition for Obesity Prevention) Location TBD	24 5:30—7:00 pm Strong Families... Strong Communities Listening Tour Rose City Middle School Cafeteria (5500 Lynch Drive)	25	26 10:00—11:30 am Employee Wellness Committee Meeting NLR Comm. Center 3:00—5:00 pm Built Environment Workgroup Meeting (Location TBD)	27 KICK-OFF MEETING	28
29	VOLUNTEERS NEEDED! If you can volunteer/man education stations for the Bike Adventures workshop on Jan. 21st, please contact Bernadette at 975-8777. I'll also need help in the days leading up to the event to stuff goody bags for the kids. Thanks!			UPDATE ON BUILT ENVIRONMENT WORKGROUP First meeting Thursday, Jan. 26, 3:00—5:00 pm Those wishing to engage in our "100-day challenge" to make NLR more livable and walkable should contact Bernadette and save the date for the kick-off meeting.		