

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
March 22, 2017
8:00 a.m. to 9:30 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) February 22, 2017 Board Meeting	Action	8:03	1-5
b) March 8, 2017 Special Meeting	Action		6-8
C. Executive Committee Report	Information	8:04	---
D. Superintendent's Report	Information	8:05	---
E. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:10	---
b) Program investment recommendations	Action	8:11	9
c) Move 60 program presentation	Action	8:25	10-11
d) Childhood Obesity Prevention RFP	Action	8:45	12-13
e) Verdant Community Wellness Center activities update	Information	8:55	14-15
F. Marketing Report	Information	9:00	16
G. Public Comments (please limit to three minutes per speaker)	---	9:05	---
H. Commissioner Comments	---	9:10	---
I. Executive Session	---	9:15	---
a) Consider the legal risks of a proposed action of the district			
J. Adjournment	---	9:30	---

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
VERDANT HEALTH COMMISSION

BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
February 22, 2017

Commissioners Present	Deana Knutsen, President J. Bruce Williams, M.D., Secretary Fred Langer, Commissioner Bob Knowles, Commissioner Karianna Wilson, Commissioner
Others Present	Robin Fenn, Superintendent George Kosovich, Assistant Superintendent Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Sandra Huber, Outreach Specialist Karen Goto, Executive Assistant Members of the community
Guests	Sarah Zabel, Swedish Edmonds Deena Hannen, Swedish Edmonds Jean Doerge, Swedish Edmonds
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Knutsen.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on January 25, 2017. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on February 8, 2017.
Executive Committee	President Knutsen reported that the Executive Committee met on February 15, 2017 to review and approve the February 22, 2017 board meeting agenda and the Superintendent's activities. No action was taken.

**Superintendent
Report**

Dr. Fenn reported on several items:

1. State audit update meeting was held on January 30, 2017. Staff have provided the auditors with information related to several program contracts and are waiting to hear back.
2. Investment property search – Dr. Fenn asked the board if they are ready to formally engage a broker to look for potential property acquisitions and the board agreed to wait on this.
3. Program presentations at monthly board meetings – Dr. Fenn asked the board if they want to continue to hear updates from funded partners. The board agreed that they would like to continue this, but have staff develop a template for presentations and bring to the Program Committee for approval.
4. Funded program site visits – the board would like to continue to be informed via email of upcoming site visits.
5. December 2017 Board Retreat – the board would like to keep the ½-day Friday and ½-day Saturday format with option to stay overnight. Staff will research other venues inside and outside the district.
6. March 8, 2017 Study Session – Dr. Fenn reminded the board of the upcoming study session and agenda items include the Building Healthy Communities Fund, ACA update, 1115 Medicaid waiver update, and potential meeting with Jason McGill of the Governor's office. The board likes the interactive format of the special meeting and will continue this format combined with pre-work by staff for a balance of interaction.

**Board Finance
Committee**

The committee met on February 16, 2017. Ms. King reviewed the financial statements and cash activity for January 2017 (E:09:17). Ms. King noted the last payment to Waldron for the Superintendent search, the payment to Ferris-Turney General Contractors for the Kruger Clinic restroom construction, and the payment to the Edmonds School District for the Building Healthier Communities Fund Woodway Fields project.

Deposits from VCWC class registrations, conference registrations, and a self insurance reimbursement for workers comp were also identified.

**Authorization
for Payment of
Vouchers &
Payroll**

Warrant Numbers 12055 through 12096 for January 2017 for payment in the amount of \$393,072.09 were presented for approval (E:10:17). ***Motion was made, seconded and passed unanimously to approve.***

**Program
Committee
Update**

The Program Committee met on February 9, 2017 to review two funding requests, discuss options for a Request for Proposal on reducing childhood obesity, and discuss Verdant developing a certified CDC Diabetes Prevention Recognition Program (E:11:17). No conflicts of interest were reported by any of the commissioners.

Applications Recommended for Funding:

Alzheimer's Association Washington Program – a renewal request for its direct services program. ***Motion was made, seconded and passed unanimously to approve*** partially funding the program for two more years at the current level of \$86,510 per year.

Edmonds School District Move 60! Program – the program committee would like to explore expanding the reach and scope of services. The committee shared its interest in exploring what it would take to reach 25% of the student population. The board would like to see how much of an improvement in BMI was made by the 44% of students that have completed the program. The Program Committee will do further exploration.

RFP on Reducing Childhood Obesity – the Program Committee is looking for innovative ideas from the community due in early summer 2017. Commissioners discussed this idea considering the priorities identified by the district of dental and mental health access, as well as the RFP process outcome. Commissioner Williams expressed interest in school districts participating in the Mile-a-Day program and this RFP could be a fit to explore that concept. The Program Committee will fine-tune the RFP and bring it back to the board for consideration.

CDC Diabetes Prevention Recognition Program – the Program Committee discussed the concept of Verdant becoming a certified Diabetes Prevention Program (DPP) provider. President Knutsen was interested in more information about the program costs. This topic will be added to the March 8, 2017 study session agenda.

**Verdant
Community
Wellness
Center
Activities
Update**

Ms. Waldin presented an update on activities in the center for January and February 2017 (E:12:17). Ms. Waldin called out the THS Parent Coaching Group in English and Spanish, the infant feeding class on March 27, 2017, and the multi-cultural Cooking Matters class with 15 families participating.

**Presentation
by Swedish
Edmonds**

Sarah Zabel, Jean Doerge, and Deena Hannen presented an update on case management at the hospital and the current challenges. They shared some example groups that they are struggling to find discharge placements for. Commissioner Williams asked for some more detailed analysis of the issue with numbers including benchmarking against other community hospitals. Other commissioners asked questions and decided that follow-up should occur at either the next Strategic Collaboration meeting or a future board meeting.

**Marketing
Report**

Ms. Piplic presented the Marketing report (E:13:17) which includes a report on the Verdant Healthier Community Conference on February 27, 2017 with 240 registrations to date and 300 maximum. Commissioners are to inform Ms. Piplic of their availability for the conference.

**Public
Comments**

None

**Commissioner
Comments**

None

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:07 a.m.

ATTEST BY:

President

Secretary

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON

SPECIAL MEETING/STUDY SESSION

March 8, 2017

8:00 a.m.

Verdant Community Wellness Center

**Commissioners
Present**

Deana Knutsen, President
J Bruce Williams, M.D., Secretary
Bob Knowles, Commissioner
Karianna Wilson, Commissioner

Commissioners Excused

Fred Langer, Commissioner

Staff/Others

Robin Fenn, Superintendent
George Kosovich, Assistant Superintendent
Lisa King, Director of Finance
Jennifer Piplic, Director of Marketing
Sue Waldin, VCWC Manager
Karen Goto, Executive Assistant
Members of the public

Call to Order

The Special Meeting of the Board of Commissioners was called to order by President Knutsen at 8:07 a.m.

**Update on Affordable
Care Act (ACA)**

Mr. Kosovich presented the possible impacts of the Affordable Care Act (ACA) rollback (E:14:17). Commissioner Wilson added that the current solutions to repeal and replace the ACA will probably not pass. Dr. Fenn added that the President Obama innovation grants will probably be rescinded. President Knutsen added that Governor Inslee faces the education funding issue this year and that some hard decisions are coming from the state legislature.

**Update on Medicaid 1115
Waiver**

Dr. Fenn explained that the federal government will give \$1.5 billion to the State of Washington for programs to bend the Medicaid cost curve. These funds from the Center of Medicaid/Medicare Services (CMS) will be given to three different areas—long-term care, supportive housing and employment, and the Accountable Communities of Health (ACH). Within the ACH, there are nine project areas with work groups in each. Dr. Fenn & Mr. Kosovich will be a part of a work group and plans are due to the state by September 2017. Commissioner Wilson shared information about transformation in Oregon that started five years ago and commented that any cost savings will now go back to CMS, not the state.

The board is invited to attend any of the North Sound ACH meetings in Mt. Vernon.
Dr. Fenn will send more information on the ACH tool kit to the board.

Building Healthy Communities Fund Discussion

Mr. Kosovich presented a review of the timeline, possible paths forward, and RFP priorities (E:14:17). President Knutsen asked commissioners to confirm that they were still okay with the two priority areas identified on page 2 of the exhibit or if they wanted to make any changes.

Commissioners discussed the possible paths forward and all present agreed to pause and reissue in 2018 with no changes to their two priorities at this time. President Knutsen will ask Commissioner Langer for his thoughts.

Mr. Kosovich will communicate this to the current applicants and may encourage them to apply through the program application process.

Commissioner Williams stated that the fundamental decision is that no money will be issued in 2017 for the Building Healthy Communities Fund.

Diabetes Prevention Program Discussion

Commissioner Knowles explained that the Program Committee brought this idea forward at a recent meeting (E:14:17). Commissioners discussed the benefits of having such a program at Verdant with the hopes of complementing the programs from other community groups. Staff will either seek out a partner such as the YMCA with expertise in operating the program or identify independent contractors with expertise to staff the program.

Public Comment

Mr. Farrell Fleming of the Edmonds Senior Center commented that although he is disappointed with the board's decision to pause and reissue the Building Healthy Communities Fund projects, he wants Verdant to understand that even in uncertain times, good work must continue. Mr. Fleming added that Verdant knows the importance of a facility to offer programs that impact the community, and that the social determinants of health are important.

President Knutsen commented that she enjoyed her recent visit to the Edmonds Senior Center and wants Verdant to continue to partner with them. Commissioner Williams suggested having a future Verdant board meeting at the Senior Center with a focus on understanding what the center offers and what their needs are.

Dr. Fenn will work on a date for this meeting.

Adjourn

The meeting was adjourned at 8:56 a.m.

Attest By:

President

Secretary

March 2017 Program Committee Summary

- Four applications for discussion
- Invited Edmonds School District for a presentation today on Move 60! application for funding
- Follow up on for proposal (RFP) tied to childhood obesity

Program Funding Requests

Applications Recommended for Funding

- **Program for Early Parent Support (PEPS):** a renewal request for PEPS home-based newborn and toddler support groups. The program seeks to reduce the risk of abuse/neglect and social isolation, and offers developmental screening through the Ages & Stages Questionnaire (ASQ). Funds would be used to support outreach, cover testing, and provide fee reduction/scholarships to program participants.

In 2016, the program served 145 parents/80 children, 51 children were screened with the ASQ and 94% of parents reported a decrease in isolation. **The program committee is recommending fully funding the request at \$39,000 per year for two years.**

Applications Not Recommended for Funding

- **Edmonds Community College - Living a Tobacco-Free Life:** a reworked smoking-cessation program from Edmonds Community College. The program would run over 18 months as the campus goes smoke-free. Verdant funds would be used to support education, health promotion, and events.

At a previous board meeting, our board reviewed a larger (\$200,000) request. The revised funding application is for \$42,250 that would be spent over two years on smoking cessation campaign materials, training, resource fairs, and other materials designed to reduce smoking. Only a small portion (\$2,500) would be used for nicotine replacement therapy in the revised proposal.

The program committee is not recommending the proposal for funding, for many of the same reasons as discussed at our previous board meeting. Although the committee members wholeheartedly support the smoke-free policy at the college, they did not think spending Verdant funds on trainings and events was the best use of grant funds.

- **University of Washington – Concussion Info Comic Curriculum Project:** a project that would develop and pilot an education program focused on reducing concussions in schools. The project would use infocomics and videos, with the goal of reaching 1,200 students (in 3rd and 6th grade classrooms) and 1,800 parents each year. The request is for \$155,000 over three years.

The program committee is not recommending funding the proposal at this time. Although the topic of reducing the impact of concussions resonated with the committee, members had some questions about how effective teaching children would be in ultimately changing behaviors. The committee members also did not see a role in Verdant's funding the development of brand new curriculum and videos for use in a program like this.

Program Presentation: Edmonds School District Move 60!

The program committee reviewed a revised request from the Edmonds School District for Move 60! After discussion at our last board meeting, school district staff were asked to come back with a proposal that would serve significantly more participants, and that included ideas about how physical activity could be worked into the school day.

The program committee reviewed the revised request and felt like the proposal was consistent with their interest in expanding the program. Given the size of the request, the committee wanted the full Verdant board to hear from the applicant and discuss the request.

Program Components:

- **Move 60! Plus:** an expansion of the current elementary *Move 60!* program. This expansion opportunity would be for schools who have a demonstrated need to offer an additional *Move 60!* session at the school.
- **Move 60! Miles:** add a 5th day to the existing *Move 60!* weekly schedule. This 5th day would be a *Move 60!* Running Club and would be available to any student who can participate, regardless if she or he were in *Move 60!* (an “all-comers” format). Supervisors would use an electronic tracking system to count laps and mileage.
- **Move 60! Minutes:** an activity grant program that would be available for all elementary and middle schools in our school district. Individual schools could apply for funding to create and implement activity opportunities for students during the school day.
- **Move 60! Academy:** a Pre-K class that incorporates activity and movement based learning with academics and social emotional learning.

Summary by New Component

	Move 60 Plus	Move 60 Miles	Move 60 Minutes	Move 60 Academy
Description	Additional Move 60! sections before or after school	5 th day running club	Activity during school day	Pre-k program
Assessment	Fitnessgram	Laps & mileage tracked	Fitnessgram in fall and spring	Focus on movement-based & social emotional learning
Estimated students served 2017-2018	100	1,380	3,000	30
Estimated students served 2019-2020	200	2,300	5,000	120

Move 60 2017 Grant Proposal:			
Budget	Year 1	Year 2	Year 3
	2017-18	2018-19	2019-20
Elementary Move 60:			
Salary	\$500,061.00	\$520,063.00	\$540,865.00
Move 60 Coordinators 2.0 FTE			
Move 60 Lead Instructors - 23 schools			
Move 60 Assistant Instructors - 22 schools			
Nurses - Health Screening			
Substitutes			
Professional Development Training	\$10,000.00	\$10,500.00	\$11,000.00
Instructor Trainings			
Printing	\$2,000.00	\$2,000.00	\$2,000.00
Registration forms, student surveys, flyers			
Transportation	\$38,000.00	\$39,520.00	\$41,100.00
Bus for 10 schools			
Supplies	\$20,000.00	\$15,000.00	\$10,000.00
Equipment, Fitness Finders, Jump Rope cards			
Translation services	\$2,000.00	\$2,000.00	\$2,000.00
Top 5 languages			
Milage/Travel	\$2,500.00	\$2,500.00	\$2,500.00
Milage for travel to schools, workshops, and trainings			
AM/PM Move 60	\$22,000.00	\$44,000.00	\$44,000.00
Instructors and materials - \$11,000 per school			
Move 60 Academy (Pre-K)	\$4,000.00	\$8,000.00	\$16,000.00
Instructors, equipment, materials, training			
Move 60 Miles	\$51,000.00	\$51,000.00	\$51,000.00
Staffing and materials			
Move 60 Minutes Activity Grant (K-8)	\$70,000.00	\$70,000.00	\$70,000.00
School Champion, activities and training			
TOTAL:	\$721,561.00	\$764,583.00	\$790,465.00

Current Annual Funding Level

\$532,286

Served

2015-16	Year 1	Year 2	Year 3
1617 (unduplicated)	5,764 total	8,714 total	12,334 total

Follow up on for proposal (RFP) tied to childhood obesity

Recommendation for Potential Verdant RFP

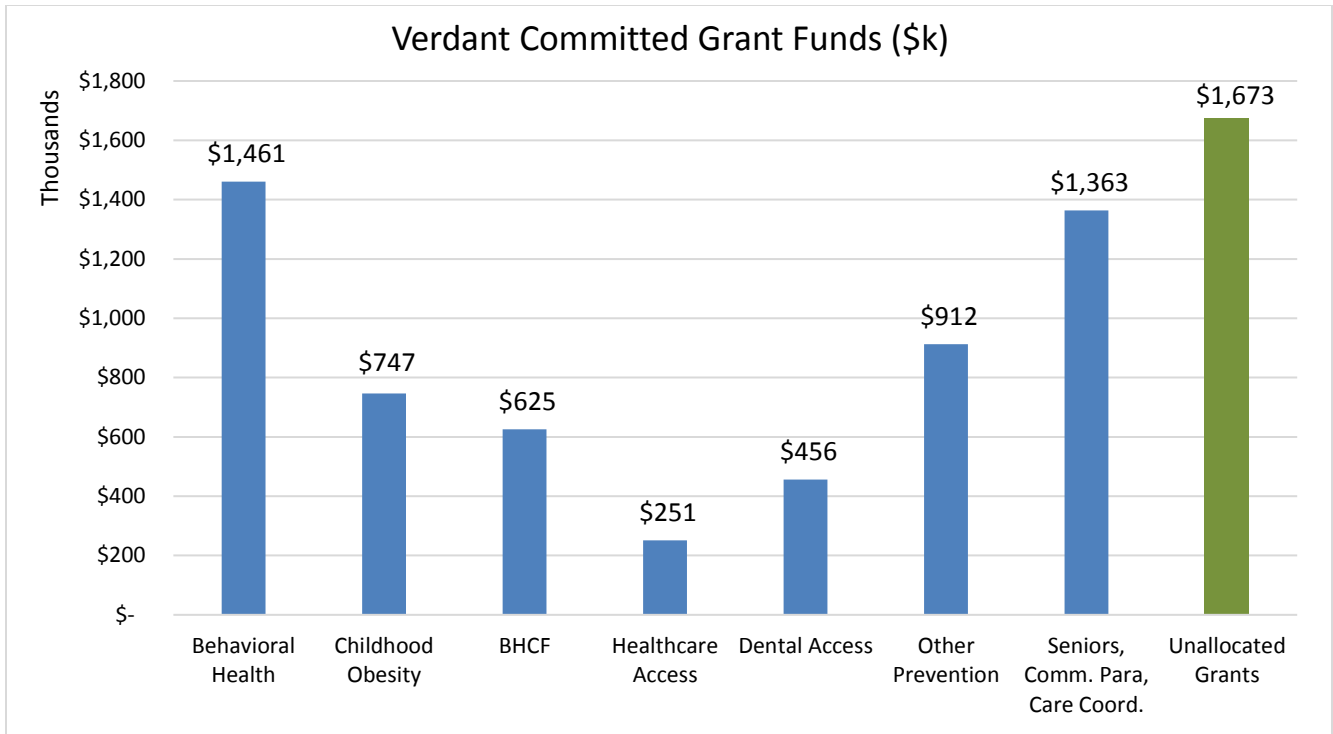
- Seeking programs or projects that address or prevent childhood obesity in South Snohomish County in one of the following areas:
 1. Promote Policies that Increase Access to Affordable, Healthy Foods
 2. Support Healthy Food and Beverage Choices
 3. Encourage Breastfeeding
 4. Encourage Physical Activity and Limit Sedentary Behavior
 5. Create Safe Communities that Support Physical Activity
 6. Encourage Communities to Organize for Change
- Consider applications from individual schools, daycare centers, or other sites for innovative ideas. Would consider more than one application from organizations.
- Eligible organizations would include non-profit and government organizations.
- Programs must serve children and families in Verdant's service area.

Award Size and Timing

- Solicit proposals with a deadline of May 5, 2017
- Expected grant pool of \$100,000 with a maximum award size of \$25,000 per award. Grants could be allocated to be spent over 1-2 years.

Criteria Used to Evaluate projects:

1. Ability to demonstrate and measure specific results from of the project. Strong preference for projects that can demonstrate improvements in health or wellness, rather than just raw activity numbers;
2. Programs tied to evidence-based practices;
3. Budget appropriateness and leverage other funding sources;
4. Sustainability;
5. Innovate practice or idea.



Verdant Community Wellness Center Summary
March 2017

Completed Programs

1. General Community and Provider Events	Attendance
1. Early Achievers Childcare Provider Training (2/18 and 3/18)	44
2. Girls on the Run Coach Training Workshop (2/25)	25
3. Monthly Hero's Café for Veterans – launch event (2/28)	75
4. Korean Women's Association: Everyday Prevention Program (3/2)*	40
5. ARC Mothers of Children with Disabilities Monthly Support Network (3/4)	20
6. SHIBA Monthly Training with OIC (3/7)	25
7. Resource Connector Meeting (March 3/7)	32
8. Long-term Care Ombudsman Volunteer Certification Training (3/7, 13, 16)	48
9. Evergreen Home Health (3/8, 14)	50
10. Parkinson's Education Workshop (3/9)	13
11. WABS Natural Leaders Parent Trainings (3/13)	45
12. Alzheimer's Association Planning Meeting (3/14)	50
13. United Way Collaboration Meeting (3/15)	16
14. Understanding Medicare Monthly Workshops (3/17)	20
15. Spanish Language Safety Planning for Families (3/18)	68
16. Ongoing – Community Support for Prescription Assistance (weekly)*	varies
2. Nutrition and Healthy Behaviors	Attendance
1. Mediterranean for Life: Health Coaching Program (1/18 – 3/22)*	23
2. Spanish Language Cooking Matters for Diabetes (2/11 – 3/18)*	16
3. Yoga 101: 8 Week Class Series (2/14 – 4/4)*	13
4. Road Back to Life Kidney Support Group (2/28)	12
5. Puget Sound Kidney Center Cooking Class (3/1)	20
6. Plant Proteins Cooking Demo (3/14, 16)*	42
7. Surviving & Thriving with Chronic Kidney Disease (3/15 – 4/19)*	10
8. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	6-12
9. Getting to Goal Program (Weight Management/Activity Consultations)*	15 clients
3. Behavioral Health & Substance Use	Attendance
1. YWCA Intro to Mindfulness (1/23 – 3/13)*	8
2. YWCA Grief and Loss (1/24 – 3/14)*	8
3. THS Spanish Language Parent Coaching Group (3/2 – 4/27)*	3-6
4. National Alliance on Mental Illness "Connections" Group (2/23; 3/9, 23)	varies
5. Brain Health and Wellness Classes (2/23, 27; 3/2, 3, 9, 10, 13, 16)*	varies
6. Snohomish County Caregiver Support Group (3/2, 16)	6-10
7. YWCA Women's Art Therapy Group (3/7 – 5/2)*	8-10
8. Evergreen Bereavement Informational Workshop (3/8)	varies
9. Info Session: What is Mindfulness? (3/13)*	25
10. Adult Children of Alcoholics Weekly Support Group (weekly)	10-14
11. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies
4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	25-30

Verdant Community Wellness Center Summary

March 2017

Upcoming Programs

A. General Community and Provider Events

1. Sea Mar Weekly Health Insurance Basic Food Enrollment (March 20, 27; April 3, 10, 17, 24)
2. Paper Tigers Movie for Child Care Providers (March 23)
3. Spanish Language Health Fair (March 25)
4. Monthly Hero's Café for Veterans – launch event (March 28; April 25)
5. Snomentia in My Neighborhood (March 29)
6. ARC Mothers of Children with Disabilities Monthly Support Network (April 1)
7. SHIBA Monthly Training with OIC (April 4)
8. Korean Women's Association: Everyday Prevention Program (April 6)*
9. PEPs: Baby Peppers Weekly Support Group (April 6 – June 22)*
10. Evergreen Home Health (April 12, 18)
11. Screenager – Growing up in the Digital Age (April 18)*
12. Understanding Medicare Monthly Workshops (April 21)
13. Aging Mastery Program (April 24-May 22)
14. Talking to Children about Race – workshop for Foster Parents (April 29)

B. Nutrition and Healthy Behaviors

1. Mediterranean for Life: Health Coaching Program – 23 Clients (January 18 – March 22)*
2. Yoga 101: 8 Week Class Series (February 14 – April 4)*
3. Fitness Demo: Using Cardio for Calorie Burning and Weight Loss (April 13)*
4. Nutrition for a Healthy Brain Cooking Demo (April 14)*
5. Surviving & Thriving with Chronic Kidney Disease (March 15 – April 19)*
6. Adult Hands-on Cooking Classes: Beginning Knife Skills (March 20); Beginning Baking Skills (April 17)*
7. Taste & Texture: Learn About Infant Feeding with a Doc and a Dietitian (March 27)*
8. Road Back to Life Kidney Support Group (March 28; April 25)
9. Teens in the Kitchen: International Cuisines from Italy & France (April 4 and 6)*
10. Community Health Center Diabetes Cooking Class (April 21)*

C. Behavioral Health & Substance Use Focus

1. THS – Spanish Language Parent Group (March 2 – April 6)*
2. YWCA Women's Art Therapy Group (March 7 – May 2)*
3. Brain Health and Wellness Classes (March 20, 23, 24; April 3, 6, 10, 13, 17, 20, 24, 27)*
4. Korean Language Guiding Good Choices Parenting Seminar (March 23 - April 27)
5. National Alliance on Mental Illness "Connections" Support Group (March 23; April 13, 27)
6. NAMI Presents: Family Dynamics and Setting Boundaries (April 6)*
7. Snohomish County Caregiver Support Group (April 6, 20)
8. YWCA Intro to Mindfulness (April 11 – May 30)*
9. Yoga: Mind, Movement and Meditation Workshop (April 12, 19, 26)*
10. Evergreen Bereavement Informational Workshop (April 12)
11. YWCA Managing Difficult Emotions (April 19 – June 7)*
12. Screenager – Technology Overuse and Addiction Training for Providers (April 18)*
13. Adult Children of Alcoholics Weekly Support Group (weekly)
14. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

*** = Grant/Program Funded Partner**

March 2017 Marketing Report

Verdant Healthier Community Conference

Attendees: 275

Survey Responses: 62

Survey Feedback Summary

Topic/Presentation	Average Rating (Scale of 1-5, 1=poor, 5=excellent)
Morning Keynote by Dr. Tony Iton	4.82
Lunch Keynote by Kevin Breel	4.7
Closing Presentation: Verdant update, awards	4.16
Breakout Sessions	4.12
Registration, check-in process, location, food	4.8

How did you first hear about this conference?	
Verdant e-Newsletter	47.5%
Employer	21%
Friend/Colleague/Word of Mouth	16%
Verdant website	11.5%
Other	3%

Budget

Revenue	
Sponsorships	20,000.00
Registrations	11,639.00
Total Revenue	31,639.00
Expenses	
Lynnwood Convention Center	25,484.40
Keynote/Breakout Speaker Fee	15,649.84
Advertising/Printing	4,679.73
Consulting	4,797.85
Other	2,573.31
Total Expense	52,403.88
NET EXPENSE	21,546.13

Coming Events

- **Latino Health Fair:** Saturday, March 25, 10 a.m. – 2 p.m. at the Verdant Community Wellness Center
- **Health & Fitness Expo:** Saturday, May 20, 9 a.m. – 12 p.m. at Edmonds School District Stadium