



Commission on Aging
Health and Wellness Committee

January 14, 2026
9:00 am to 10:30 am

Join via Zoom Meeting

<https://montgomerycountymd.gov.zoom.us/j/87688595357?pwd=cUqRGuajdbICLSHb4rVOozcDNL63Xo.1>

Meeting ID: 876 8859 5357
Passcode: 765956

Agenda

- 1) Welcome and Introductions
- 2) Committee Focus
 1. Complete Fitness exploration?
 - o Brainstorm future topic
- 3) In-person vs Virtual meetings
- 4) Possible speakers for future committee meetings
- 5) Next meeting date: Wednesday, February 11, 2026

ADA Meeting Accessibility Notice: Sign language interpreter services and other auxiliary aids or services will be provided upon request with as much advance notice as possible, preferably at least three (3) full business days before the meeting/event.

To request the above or any other reasonable accommodation, please contact Tremayne Jones at 240-777-1120 (V) or via MD Relay at 711 or send a request to tremayne.jones@montgomerycountymd.gov

For more information about using sign language interpreters, contact Tremayne Jones at tremayne.jones@montgomerycountymd.gov.