



CoA Health and Wellness Meeting

November 4, 2025, 9:30 am to 11 am.

Virtual Meeting on Zoom

Zoom Meeting Link

<https://montgomerycountymd-gov.zoom.us/j/87688595357?pwd=cUqRGUajdbICLSHb4rVOozcDNL63Xo.1>

Agenda

1. Welcome and Introductions
2. Review and Approval of Minutes
3. Presentation by Marlene Luber-Fitness Coach, Certified Personal Trainer, and Specialist in Senior Fitness with emphasis on functional aging.
4. Adjourn