

**Texas Commission on Fire Protection  
Health and Wellness Committee Meeting Agenda  
Thursday, April 24, 2025 – 10:00 a.m.  
4800 N. Lamar Boulevard, North Lamar Boulevard Bldg., Room 140, Austin, Texas**

**The Health and Wellness meeting will be held in person at the above location.**

**Agenda:**

- 1. Call to order.**
- 2. Roll call and excuse of absences, if any, of Committee members.**
- 3. Adoption of the January 16, 2025, Health and Wellness Committee meeting minutes.**
- 4. Presentation on Committee-related resources.**
- 5. Review and discussion of the Injury Report.**
- 6. Review and discussion of prior Committee work and accomplishments.**
- 7. Status updates and progress reports from assigned Project Workgroups:**
  - a. Sleep**
  - b. Nutrition**
  - c. Injury Report Review**
  - d. Cardiac Health**
  - e. Hormones Report**
  - f. Fitness**
  - g. Mental Health**
  - h. Cancer Report**
- 8. Discussion and possible action regarding the Health and Wellness Officer Program.**
- 9. Subjects for future agenda items.**
- 10. Future meeting dates are scheduled for July 17, 2025 and October 23, 2025 at 10:00a.m.**
- 11. Adjourn meeting.**