

**Texas Commission on Fire Protection
Health and Wellness Committee Meeting Agenda**

Thursday, July 17, 2025 – 10:00 a.m.

4800 N. Lamar Boulevard, North Lamar Boulevard Bldg., Room 140, Austin, Texas

The Health and Wellness Committee 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 April 24, 2025, Health and Wellness Committee Meeting minutes.**
- 4. Status updates and progress reports from assigned Project Workgroups:**
 - a. Sleep**
 - b. Nutrition**
 - c. Cardiac Health**
 - d. Hormones Report**
 - e. Fitness**
 - f. Mental Health**
 - g. Cancer Report**
- 5. Discussion and possible action on enhancing fire fighter survivorship resources.**
- 6. Discussion and possible action on collaborating with Texas Universities for wellness studies.**
- 7. Discussion and possible action on increased Committee Member presence at Health and Wellness Conferences statewide.**
- 8. Subjects for future meeting agenda items.**
- 9. Future meeting date is scheduled for October 23, 2025, at 10:00a.m.**
- 10. Adjourn meeting.**