

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

**January 8, 2026 – 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 October 23, 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. Update from the Agency Chief.**
- 6. Discussion and possible action on enhancing fire fighter survivorship resources.**
- 7. Discussion and possible action related to HB 1639 – update on HHSC Committee’s work.**
- 8. Discussion and possible action related to HB 198.**
- 9. Discussion and possible action on Health and Wellness Committee webpage updates.**
- 10. Discussion on upcoming conferences, symposiums, and training opportunities.**
- 11. Subjects for future agenda items.**
- 12. Future meeting dates.**
- 13. Adjourn.**