Texas Commission on Fire Protection
Health and Wellness Committee Meeting Agenda
October 7, 2026 1:30 p.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.

The Texas Commission on Fire Protection Health and Wellness Committee (the "Committee") may discuss and act on any of the following agenda items. The Committee may go into executive session on any agenda item listed below as authorized by the Open Meetings Act, Texas Government Code Chapter 551:

1. Call to order.
2. Roll call and excuse of absences, if any, of Committee members.
3. Introduction of Heather Hyslop, newly appointed Health and Wellness Committee member, replacing outgoing member Brian O'Neill.
4. Adoption of the April 8, 2026 Health and Wellness Committee meeting minutes.
5. 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
    h. Understanding VO2 versus METs
    i. Chronic Pain Management for Firefighters
    j. Occupational Exposure (Tuberculosis)
6. Subjects for future agenda items.
7. Future meeting dates.
8. Adjourn.