

**Texas Commission on Fire Protection  
Health and Wellness Committee Meeting  
July 17, 2025, Meeting Minutes**

Member Attendance:

Doug Boeker	Ashley Watson	Brian O'Neil*	Michael Anderson
Homer Salinas	Adam Story	Del Albright*	Michael Mire
Daniel DeYear	Steven Green	Chris Kahl	

\*Unexcused absence

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1. Call to order - Presiding Officer, Doug Boeker called the July 17, 2025 meeting of the Texas Commission on Fire Protection (TCFP) Health and Wellness Committee meeting to order at 10:03 a.m. at the North Lamar Boulevard Building, 4800 North Lamar Boulevard, Room 140, Ausitn, Texas.
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2. Roll Call and excuse of absences, if any, of committee members – Doug Boeker, called roll, and a quorum was present. A motion was made by Michael Mire and seconded by Steven Green to declare Brian O'Neil and Del Albright as unexcused absences. The motion carried.
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3. Adoption of the April 24, 2025, Health and Wellness Committee meeting minutes – a motion was made by Adam Story and seconded by Homer Salinas to approve the April 24, 2025 meeting minutes. The motion carried.
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4. Status updates and progress reports from assigned project work groups:
    - a. Sleep – no report was provided.
    - b. Nutrition – Ashley Watson gave the report.
    - c. Cardiac Health – Doug Boeker gave the report.
    - d. Hormones Report – Ashley Watson gave the report.
    - e. Fitness – Chris Kahl gave the report.
    - f. Mental Health – Michael Mire gave the report.
    - g. Cancer report – Doug Boeker gave the report.
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5. Discussion and possible action on enhancing fire fighter survivorship resources – a motion was made by Michael Mire and seconded by Homer Salinas to table this item. The motion carried.

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6. Discussion and possible action on collaborating with the Texas universities for wellness studies – a discussion on different universities and different health and wellness programs took place. No action was taken.

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7. Discussion and possible action on increased committee member presence at health and wellness conferences statewide – a discussion about different conferences the health and wellness committee could attend took place. No action was taken.

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8. Subjects for future meeting agenda items – revisit the January 2025 meeting minutes, Doug Boeker will take the committee's position on the Injury Report to the Commission at their next meeting, Doug Boeker will request the Commission to remove Del Albright from the committee and provide a replacement.

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9. Future meeting date is scheduled for October 23, 2025 at 10:00 a.m. – meeting date was confirmed.

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10. Adjourn meeting – a motion was made by Daniel DeYear and seconded by Adam Story to adjourn. The motion carried.