



Minutes

CMS Membership Meeting—February 12, 2026

1204 Miccosukee Road
Tallahassee, FL 32308
850-877-9018
www.capmed.org

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CMS Alliance President

Tom Block, MS
Executive Director

I. Business Meeting

- A. Welcome – Dr. John L. Meade, CMS President called the meeting to order at 6:31 pm. He welcomed everyone and thanked Westminster Oaks for allowing us to use their facility for our meetings.
- B. Dr. Meade called on Tom Block, CMS Executive Director, to introduce and thank the sponsors.

Presenting Sponsor:

Howell, Buchan & Strong Attorneys at Law

Supporting Sponsor:

Capital Health Plan

Meeting Sponsors:

Be Strong Therapy Services
TMH Federal Credit Union
WellStead Mental Health

Display Sponsors:

Bristol Myers Squibb
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- C. Membership—Dr. Meade welcomed new members and reminded attendees about a special discounted membership that is available for new or returning members to CMS. He encouraged members to recruit their peers to join Capital Medical Society.

II. Tonight's Program

Obesity and Eating Disorders, and the impact of nutrition and GLP-1 medications— 1 Hour CME—Panel Discussion:

Abbey Folsom, MS, CNS, LDN – Nutrition Abbey

Amy Reimer Neal, M.D. – Capital Health Plan

D. Paul Robinson, M.D. TMH Family Medicine Residency Program

Moderator: Cielo Rose, D.O., Capital Health Plan

The presenters and panelists provided an informative and engaging program.



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III. Upcoming Events – Mark Your Calendars

Dr. Meade announced the upcoming meetings and events:

February 16, 2026

CMS Volunteer Effort with Elder Care: “Meals on Wheels”

March 5, 2026

CMS Trivia Night at Ology Northside

March 24, 2026

Celebration Awards Dinner, FSU Alumni Center

IV. Adjourn – Dr. John L. Meade adjourned the meeting at 7:53 p.m.