

Committee: Health & Wellness Resource Group Chair: Carol Parks Plan Date: 01/01/18



Vision

What are our long-term objectives for this Committee? (3-5 years)

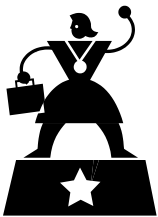
Contribute to a thriving community that incorporates health and wellness into daily life. Help business owners and managers support the health of their employees, and understand the value doing so.



Mission

Why does this committee or task force exist?

To promote health and wellness related resources and information to increase the financial success of businesses and the personal well-being of individuals.



Champions

Who are the Board Champions?

TBD



Objectives

What are the specific measures of success for this committee? (Limit to one sentence)

- Objective 1 – Recruit at least 5 (five) new members to the Chamber in the calendar year. **(Fixed Objective for ALL Committees)**
- Increase HWRG membership by two.
- Provide at least four health related education events and/or resources for the business community.
- Communicate regularly with the Chamber Board through our Board representative.
- Build community in the committee through 5-minute “spotlight” sessions where a member describes their business to the group during a regular monthly meeting.



Strategies

How are we going to sustain this focus area over time?

Strategy 1 Calls will be made inviting chamber members in health related fields to mtgs.
Strategy 2 Continue on with events that have proved successful and build on them.
Strategy 3 A spin on the “spotlight” – give examples of how we can work together.



Plans

What is the work to be done? List activity, who will be responsible, when will it happen, and what is the budget impact.

- Activity/Task #1 Copperfield’s Events – help promote health-related book talks.
- Activity/Task #2 National Senior Health & Fitness Day at Pickleweed Park , May 2018.
- Activity/Task #3 Dominican Health and Wellness Fair, May 2018
- Activity/Task #4 Bio Marin Health and Wellness Fair, July 2018
- Activity/Task#5 “Piggyback” on another corporate wellness fair