

The One Page 2020 Business Plan® - Adopted by the San Rafael Chamber of Commerce Committee: Health and Wellness Resource Group (HWRG) Co-Chairs: Carol Parks/ Katharine Chaney



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?

Carol Parks, Libby Wood

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.



Objectives

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 with events that have proved successful and build on them.

Strategy 3: During the 5-minute spotlight, give examples of how we can work together.



Strategies

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

HRWG will continue to piggyback on the following existing Health and Wellness Fairs, generally at no (occasionally nominal) cost, dates are TBD:

1. Dominican University Employee Health and Wellness Fair
2. County of Marin Employee Health and Wellness Fair
3. BioMarin Employee Health and Wellness Fair
4. Business Showcase HWRG Foyer
5. HWRG will look into co-hosting at least one Chamber Meetup a year



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2019-2020 HWRG Committee Roster:

Pam Arnott, Board Certified Holistic Health Care Practitioner
Bonnie Ayers Namkung, SEO Copywriter
Debbie Baldo, Whistlestop
Beau Blanchard, California Film Institute
Justin Brown, Modern Acupuncture
Chelsea Brown, Modern Acupuncture
Katharine Chaney, Pure Joy Acupuncture
Leslie Dempsey, GymGuyz
Leigh Estes, Leigh Estes, Neora
Kelli Finley, National Alliance on Mental Illness, Marin County
Alane Freund, Heart and Mind Equine
Lorena Garbarino, Brightstar Care of Marin
Tracy Hinman, Alegre Home Care
Emile Kfour, Row House
Beverly Lambert, Beverly Lambert Neurologic Bodywork
Beth Lillard, Bay Area Community Resources
Josette Molloy, Workforce Alliance of the North Bay
Viggie Naiker, Golden Years Medical
Carol Parks, Alegre Home Care
Jessica Price, Right at Home Marin
Anna Price Peterson, Tweeten Eldercare Advisors
Tony Saccardi, Mindful Link LLC
Lisa Marie Taylor, FIT2B Breast & Body Thermography
Carolyn Tucker, HomeWell Senior Care
Eunice Valentin, Albor Medical Solutions
Robert-Jim Wu, Acu in Healing