

## Community Wellness Committee Activity/Initiative Ideas

- Wellness resource guide
- Make it so that people who aren't from Falmouth/new to Falmouth aware of all of the great amenities/resources in Falmouth-from the oceans to the gardens to the trees-here is what's here
- Promote the positive-things in the community that people take for granted (ex. clean air)
- Have reset and reenergize opportunities
- Wellness fair
- Wellness page on Town website
- Link to wellness page in the Falmouth Focus
- Monthly Article in Falmouth Focus
- Planting yellow tulip hope gardens during mental health awareness week in October which bloom for mental health awareness month in May (with The Yellow Tulip Project)
- Mental health awareness month activities including music, speeches, and poetry event and hope day event with wellness stations (with The Yellow Tulip Project)
- Community wellness drive/campaign (ex. Lighten up or sober up Falmouth)
- Create a space for kids/young families in the programming/marketing
- Certify wellness committee has life coaches
- Educational component around individual and community organizational wellness
  - Series of articles or presentations
  - Videos
  - Collaborate with PTOs, teachers and guidance councilors and Community Programs to bring education into schools
  - Presentations/educational materials for seniors (could be done through Community Programs)
    - Making healthy meals
  - Collaborate with the library-use function room, gets people into the library
  - Wellness Wednesdays
    - Speakers, practices, etc.
- Falmouth wellness online summit
- Falmouth selfcare book-strategies for selfcare
- It's cool to be clean
- Meditation
- Equipment-bike racks and outdoor recreational equipment
  - Outdoor equipment rental borrowing program (start own or partner with organization that is already doing this)
- Collaborate with open space to promote trails
- Bicycle-pedestrian improvements promotion
  - Paved trails/bike paths at parks
- Take a tour of community programs facilities
- Food pantry
  - Include as a resource in the guide

- Outreach community members in need-food pantry has money that they use to assist clients with needs beyond food
- Promote creating a community center or gathering space on existing town property
- Music and art events
  - Wellness themed art show
    - Invite residents to submit works of art that capture wellness-could be a way to get students involved
- Engage wellness practitioners
- Collaborate with the land trust
- Community garden
  - Partner with Cultivating Community, Cooperative Extension, and elementary school
- Explore opportunities to partner with elementary school gardener (Justin)
  - Pizza oven
- Stop using from away
- Community playground
- Partnering with legion field to improve legion field
- Weekly or month broadcast show on wellness on channel 2 or podcast
- Liaise with high school guidance councilors
- Putting slides on cable tv station
- Message center in town
- Route 1 banners and signage
- Couch to 5K event
- Collaboration with 55+ communities