

**Falmouth Community Wellness Committee- Definition of Wellness Sub-Committee
Meeting Minutes
Tuesday, January 5, 2021**

Present:

Elizabeth Hamilton-Guarino, <i>Chair</i>	✓	Joel Glass		Doug Zlatin	✓
Andrea Ferrante, <i>Vice Chair</i>	✓	Julie Joy		Marguerite Fleming, <i>Staff</i>	✓

Elizabeth began the meeting at 4:03 pm.

Those present discussed the audience for the wellness definition that the Sub-Committee was tasked with drafting. It was discussed that the definition could help the Wellness Committee members in determining the types of activities/initiatives that the Committee should engage in.

Those present also discussed the need to incorporate individual, community, and organization wellness into the definition.

Doug read definitions that he had found in his research. He said the wellness definitions shared the theme of an active process of working towards something better than yourself. He said that the wellbeing definitions shared the theme of general happiness/contentment and feeling connected.

Those present discussed how wellness is the path to achieving wellbeing. Elizabeth said wellbeing conveys a more wholistic approach. She suggested starting the definition with a question. Doug said that the definition needed to be simple, 2-4 sentences.

The Committee created the attached draft wellness definition to present to the full Committee at the January meeting.

The meeting adjourned at 5:25 pm.

Meeting minutes prepared by Marguerite Fleming on February 5, 2021.