



Falmouth Community Wellness Committee Launches Wellness Guide

by Andrea Ferrante, Chair, Community Wellness Committee

It's a word that some may take for granted and others find elusive. But whatever our circumstances, Falmouth offers a rich array of wellness choices to make a difference in and enrich our lives.

The Community Wellness Committee was formed to promote wellness for individuals, families, and the community as a whole and to administer the Town's social services grant program. Our aim is to foster wellness as: *an active process of becoming aware of and making choices towards a healthy and fulfilling life and community.*

Our first endeavors include launching a year of monthly wellness articles including this first installment. These articles, to be published in the *Falmouth Focus* and on the committee's [webpage](#), will be linked to some fun and simple events. More information on these events will be announced in future articles and through the Town's communications channels. The committee also developed a Wellness Resource Guide that lists hundreds of wellness resources available in town. View the resource guide [here](#).

Opportunities we will highlight span personal, interpersonal, and community wellness. *Personal wellness* ranges from care for your body, mind, and spirit to emotional wellbeing, outdoor activities or help with financial health. At the level of *social and interpersonal wellness*, Falmouth and surrounding communities offer many ways to connect with friends and neighbors and enjoy life together in fun, relaxing, and interesting ways. *Community wellness* covers neighborhoods, environment, business, and government with ongoing opportunities to help ensure healthy natural and sustainable resources, participate in lifelong learning, volunteer, run for Town Council or serve on a board or committee.

The Community Wellness Committee hopes to increase awareness, as well as offer opportunities for residents that want to choose wellness at any or all these levels. Whether it is an idea to improve respectful engagement with each other, collaborating for community wellbeing, enhancing business culture, planning a neighborhood cook out, helping someone in need, or brightening someone's day, we are eager to encourage every sincere effort to help our town thrive.

This is the first installment of a series of monthly wellness focused articles from the Falmouth Community Wellness Committee. More information about the committee is available on the committee's [webpage](#). The Community Wellness Committee is looking for committed energetic volunteers that might enjoy event planning, along with many other fun inspiring ideas to spread opportunities to choose wellness. Falmouth High School students are encouraged to apply. [Click here](#) for an application.