



## **The Falmouth Community Wellness Committee is Seeking Volunteers! Please Consider Joining Us!**

The Community Wellness Committee is a relatively new Town committee that was formed in 2020 with the goal of promoting wellness for individuals, families, and the community as a whole. We define wellness to be “the active process of becoming more aware and making choices toward healthy and fulfilling life and community”.

We are currently looking for dedicated and enthusiastic residents who might be interested in contributing to Falmouth by volunteering with our committee. If you have a few hours a month to give to this effort and are interested in getting to know some fellow Falmouth residents, inspiring people to embrace and enhance well-being, and participating in a group that cares about bringing community together through fun events, then please consider joining us.

Our initial efforts have been spent administering a social service grant program to provide funding to agencies that serve Falmouth residents, creating a guide to wellness resources in town, writing monthly articles for the *Falmouth Focus* on a broad range of topics related to wellness, and sponsoring several wellness-related events in town. We would welcome volunteers that are interested in continuing these efforts, as well as helping us to develop new ideas for promoting wellness in our community. We are especially hopeful to launch our first annual community festival in 2024, for which we will begin working in earnest this January.

It is a huge contribution to be part of something meaningful and helpful to those around you, and to share in the spirit of community and well-being with one another. **Please consider joining our committee now, by contacting Maggie Fleming, Assistant Town Manager at: [mfleming@falmouthme.org](mailto:mfleming@falmouthme.org) or (207) 699-5329.**