

Boxborough Well-Being Committee Meeting Minutes
Wednesday, June 6, 2012

The meeting was called to order at 9am.

Attendees: Selina Shaw, Kate Smyers, Channing Wagg, Susie Allen, Isabel Roberts, Sheryl Ball, Tamara Bedard, RN, Wendy Miller Azpade, Frank Powers, Maureen Adema, Randy White, Laura Arsenault, Liz Markiewicz

The minutes from the April 25 meeting were approved. Isabel Roberts and Sheryl Ball talked about Wellness University and possibly doing something together with Boxborough. The one-day program is in its 5th year and was originally well attended but participation has fallen off. They want to expand beyond the 50+ age group and possibly include Boxborough and Concord. They would like Boxborough to give support to the idea so they can apply for a \$6000 CHNA grant. Channing Wagg agreed to be the Boxborough point person, along with Liz Markiewicz and Wendy.

The committee discussed the well-being questionnaire and made some modifications. Frank agreed to reserve a space for Fifer's Day. Susie and Liz would set up and man the table and solicit responses to the questionnaire.

The committee felt we need a Well-Being webpage.

The committee agreed to meet on July 11 at 9am. The committee voted unanimously to support "Healing the Heart of Democracy" a book discussion led by Susie Allen.

The meeting adjourned at 10am.

Respectfully submitted,

Liz Markiewicz