

Wellness Meeting 3/15/23

Present: Jenna Tousignant, Nan Soule, Amanda Walsh, Maggie Larson, Sara Pickard

Updates from Katie: Wellness flyer is on the website and in the school board packet. School Care will come and have a table with information. Lori will send out an all call next week and another one the day before the event. It will also go up on the SAU 56 sign.

Updates from Wendy: Mr. Fox is donating two totes, and the compostable utensils and plates are all covered.

The schedule for the event:

4:00 set up begins

5:00 doors open

5:10 Yoga with Rooted in Flow Yoga Studio

5:30 Red ticket seating for dinner

6:00 Blue ticket seating for dinner

6:30 Dance demo by Studio 109

7:00 All done, everybody go home!

Stewart's ambulance will be parked outside 5 to 7, we will set up some cones to mark off their spot
Pete and Sara will do the fitness challenge in the hallway, with the high school volunteers from the Interact Club

Sara will bring a portable speaker so that we can play some music during the dinner time

Nan will find out about the sound system and microphone. We will take turns emceeing.

Maggie will put the event in Fosters

We mapped out how the room will be set up.

We will all put up flyers in our buildings and publicize on school social media accounts

We will each reach out to the people that we contacted to attend with a reminder about the event, probably sometime next week.

If any questions arise, please use this email and put them before the group, we will all figure it out.

It's almost time! This will be a great event!!

Respectfully submitted,
Jenna Tousignant