

iRise Wellness Board Meeting

Date of the Meeting: April 10, 2021

Zoom Link: <https://auburn.zoom.us/j/89534058003>

Check-in Question: Name someone in the world you trust the most and describe how you moved to that place of trust?

Mission

iRise Wellness seeks to promote holistic wellness for people of color through community engagement.

Vision

The vision of iRise Wellness is to create a transformative experience through purpose

Values are to embody the 5 E's:

Education of others,

Empowering people to challenge themselves,

Encouraging self-expression

Enhancing one's community

Engaging creative practices through a healthy mind, body, and soul.

Attendance

President-LaTecia

Director - Siobhan

Secretary -

Treasure -

Community Service-

Intern -

Discussions items

- Website Updates

- Social Media Project
 - Graduations
 - Earth Month
 - Influencer
 - Setting the tone
 - What is code switching
 - Switch/Template
 - Create a doc/Calendar

Events

- Saturday Night Vibe @5pm (PST/EST)
 - 30 min with Q&A
 - 4/17 - Lex - Balance
 - 5/1-Siobhan
 - 5/15: LaTecia: Expression through Art: Reimagined Project
 - 6/5: Lex
 - 6/19: Juneteenth - Siobhan
 - 7/3: LaTecia: Purpose with Ahmael
 - 7/17-Siobhan- What crystals are right for you (Partner with Queen Hippie Gypsy)
 - 8/7: Toria
 - 8/21: LaTecia: Investment Mindset with T
 - 9/4-Lex
 - **9/18: Siobhan (Higher ed Summit)**
 - 10/2- Toria- Self care before the holidays (partner with the lady that spoke at SoACE)
 - 10/16: LaTecia
 - 11/6: LaTeca
 - 11/20-Toria- Astrology
 - 12/4: Lex
 - 12/18-Siobhan (Planning to grow your vision: Don't wait til January 1st!)
 - 12/25: Christmas
- Garden Project Update
- Higher Education Summit: Fall-September 18th , 2021
 - Higher ed/ students
 - What is your next step?
 - Transferable skills
 - [Outline](#)
 - Theme: Embracing the Unknown

- 12:38 EST- Voted approval
- Holiday Event October-December

Board Reports

- President Report
 - Federal Paperwork Nonprofit (Siobhan/Toria/LaTecia)
 - Bank Account Online
- Director Report
- Secretary
- Treasure
- Community Service
- Intern

Task: