

## **iRise Wellness Board Meeting q**

**Date of the Meeting: March 14, 2021**

**Zoom Link:** <https://auburn.zoom.us/j/81905732894>

**Check-in Question:** What would you recommend? (Toria)

### **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 - Jo

Treasure - Toria

Community Service-Lex

Intern - Caro

### **Discussions items**

Website Updates- Changing the iRise logo color

- 5-10mins

- Send iRise Email
- Photo- Send Jo Photos for wellness page- Grayscale photo
- Why do you believe in iRise?
- Quotes
  - Notes Donation
    - Pictures ✓
    - Color ✓
    - Event and Donation picture on the home page
    - Our story
    - Sales page
      - Added sales page
      - Do we want a description before the products?
    - Sustaining and Cultivating?
    - Team page
      - Bio's
  - Notes:
    - Find greyscale photos ✓
      - Try looking on canva
    - Play temporary products
      - Test
      - Paypal? -- will look into this
    - Join button same yellow as the iRise Logo ✓
    - Domain transfer -- \$20
    - Donation / Event Icon
    - Add Bio's

#### Social Media Project

- What is the move?

#### Events

- Saturday Night Vibe @5pm (PST/EST)
  - 5 PST
  - 30 min with Q&A
    - 1/23-Honey Pot
    - 2/6- LaTecia: Spiritual Journey
    - **2/13: The Garden Project**
    - 2/20:Toria- Meet the iRise Board
    - 3/6: Jo - What my skincare taught me about post grad
    - 3/20 Caro Interviewing women of color attending med school
    - 4/3: LaTecia: Investment Mindset (Terry Francis)
    - 4/17 - Lex - Balance

- 5/1 Caro
- 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 Caro
- 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: Healthy Relationship/Online Dating
- 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: April 27, 2021**
  - [Letter to Lowe's](#)
- Higher Education Summit: Fall-September 18th , 2021
- Holiday Event October-December

## Board Reports

- President Report
  - Federal Paperwork Nonprofit (Siobhan/Toria/LaTecia)
    - Goal April 1 Completion
  - Bank Account Online
    - Ally does not give us a credit card
- Director Report
  - Getting ready for the summit: Resources for attending college, putting together internship opportunities,
- Secretary
- Treasure
- Community Service
  - Updated the letter for the Garden Project (minor detail forgotten to change, will do that today)
  - Bio sent to Jo

- Reach out to my boss Kathy Jones for Saturday Night Vibe and she's confirmed for the 17th of April

- Intern

Task: