



# AGENDA

## MEETING DETAILS

|                             |   |
|-----------------------------|---|
| <b>Committee/Work Group</b> | Wellness & Resilience Work Group                                      |
| <b>Chair(s)</b>             | Karynn von Cramon (Acting Chair)                                      |
| <b>Date</b>                 | May 24, 2023  |
| <b>Time</b>                 | 3:30 – 4:30   |
| <b>Location</b>             | Zoom  |
| <b>Invitees</b>             | Genevieve Fincher; Geraldine Slark; Jessica Parkinson; Melissa Leveck |

## AGENDA ITEMS

| Time        | Item   | Owner              |
|-------------|--|--------------------|
| 2:30 – 2:35 | <b>1. Welcome &amp; introductions</b><br>Welcome to Tamara Baldwin. Tamara is the Board Chair of the Brockville & Area Food Bank.  | Karynn             |
| 2:35 – 2:50 | <b>2. Outcome of CSRF Application &amp; Planning for Wellness Day – For Discussion</b>   | Karynn & Geraldine |
| 2:50 – 2:55 | <b>3. Chairs &amp; additional members – Summer Recruitment – For Discussion</b>  | Karynn             |
| 2:55 – 3:10 | <b>4. Work Plan – For Discussion</b>   | Karynn             |
| 3:10 – 3:20 | <b>5. TEND</b><br>TEND is hosting a Care 4 You free virtual conference on Friday, June 16th that Tamara shared and that I think we should promote with Lead Table. Link: <a href="https://www.tendconferences.com/?mc_cid=900e7c170c&amp;mc_eid=545d5e051e">https://www.tendconferences.com/?mc_cid=900e7c170c&amp;mc_eid=545d5e051e</a> |                    |

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|---------------------------|--|--------|
| 3:<br>20<br>–<br>3:<br>30 | <b>6. Meetings 2023 – 24 – For Decision</b>              | Karynn |
|                           | <b>7. Next Meeting: June 28 2023 3:30 – 4:30 By Zoom</b> |        |