

AVENUES TO WELLNESS

Because Your Health Matters

Avenues to Wellness Community Calendar Wellness Guidelines

GUIDING STATEMENT: *The Avenues to Wellness* Community Calendar is designed for the general public to provide a link to wellness and health promoting activities in Willits and the surrounding area that are supportive of developing and maintaining healthy lifestyles.

INCLUSION CRITERIA:

- Events must focus on health promotion, wellness, healthy lifestyles or prevention
- Appropriate topics include: physical activity, nutrition, weight management, smoking cessation, stress management, preventive self-care, complementary health modalities, health promotion, empowerment of the individual, etc.
- Programs and events that are disease management oriented for a diagnosis-specific population can be posted
- Stress management events should be designated as stress management using therapeutic modalities
- Events can target all age groups: infants, children, teens, adults, seniors, families
- Event format can be educational class (experiential or otherwise), small group/support group, resource fair, skill building, participatory activity (walk, run, cycling) or screenings
- There may or may not be a fee
- Event must be open to the general public
- Event announcement must include an event description including sponsoring organization, date, time, place, cost, registration, contact name, phone number, email address, and a website link if available
- Charitable events such as walks and runs can be included but the fund raising component must be clearly stated