

Health and Wellness Project Outline

Date: [Insert Date]

To: Club Leaders

Project Title: Enhancing Community Wellness

1. Project Overview

This project aims to promote health and wellness within our community through various activities and resources.

2. Objectives

- Increase awareness of healthy lifestyle choices.
- Provide resources for physical and mental wellness.
- Engage community members in health-related activities.

3. Target Audience

Community members aged 18 and above, focusing on families and individuals interested in improving their health.

4. Activities

- Weekly fitness classes (yoga, Zumba, etc.)
- Monthly health workshops (nutrition, mental health, etc.)
- Community health fairs with local vendors and screenings.

5. Timeline

The project will run from [Start Date] to [End Date], with activities scheduled weekly and monthly.

6. Budget

A preliminary budget will be established, including costs for venues, materials, and promotional activities.

7. Conclusion

We are excited to work together to enhance our community's health and wellness. Your support as club leaders is crucial for the success of this initiative.

8. Next Steps

Please review the outline and provide your feedback by [Feedback Due Date].

Thank you for your continued leadership and support!

Sincerely,
[Your Name]
[Your Position]