

# Wellness Policies for Governance Boards

Date: [Insert Date]

To: [Board Members' Names]

From: [Your Name]

Subject: Implementation of Wellness Policies

Dear [Board Members' Names],

I hope this message finds you well. As part of our commitment to fostering a healthy and productive environment, we have developed a set of wellness policies aimed at enhancing the overall well-being of our community. These policies are intended to promote healthy living, physical activity, and mental well-being among our members.

## Key Components of the Wellness Policies:

- Increased access to nutritious food options.
- Promotion of physical activity through organized events.
- Mental health resources and support for all members.
- Regular health screenings and wellness programs.

We invite each member of the governance board to review these policies, provide feedback, and discuss their implementation at our upcoming meeting scheduled for [insert date]. Your input is invaluable to ensure that our approach aligns with our mission and the needs of our community.

Thank you for your ongoing support and commitment to improving the wellness of our organization.

Warm regards,

[Your Name]

[Your Title]

[Your Organization]