

## **PHYSICAL WELL-BEING Committee**

**Mission Statement:** To encourage and promote a variety of physical activities throughout Sylvania Franciscan Village regardless of age, gender or ability.

### **Objectives:**

1. Using the SFV website, communicate all the activities for physical wellness and keep them up-to-date.
2. By the end of 2012, establish an inclusive, campus-wide walking program that meets the needs and schedules of our diverse population.
3. Establish a Farmer's Market (or surplus produce stand) in the summer months.
4. By the end of 2013, analyze demand and establish at least three well-being related clubs including options such as a walking club, healthy cooking club, cycling club, etc.
5. Analyze the need and potentially offer a tobacco cessation program in the SFV by the end of 2012.