

Why become a Member?

Membership in the **Eastern Regional Wellness Coalition** provides your group with an opportunity to:

1. **Meet others** who are also working towards the common goal of promoting wellness. *For example: attend the Annual Networking Day.*
2. Find out about **events and projects** sponsored by members or the coalition. *For example: connect with other groups as listed on the website.*
3. **Share ideas, stories, resources** and thoughts on your great work and learn about what others are doing. *For example: contribute an article to our "On the Road to Wellness" newsletter.*
4. **Learn and develop skills** to continue to address the many aspects of wellness. *For example: attend an education session organized by the Coalition..*

Steering Committee Membership

In June 2004, a Steering Committee was established to oversee the overall development and planning of the Wellness Coalition. The Committee is comprised of geographically based representatives from various agencies and groups that promote wellness among infants, preschoolers, school age children, youth, adults and seniors.



Eastern Regional Wellness Coalition

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About the Eastern Regional Wellness Coalition

The **Eastern Regional Wellness Coalition** is a network of government and non-government groups, community groups and agencies with an interest in promoting wellness and improving health and well-being in communities in Eastern Newfoundland and Labrador.

The **Eastern Regional Wellness Coalition** focuses on initiatives that promote and support the wellness priorities in the Provincial Wellness Plan.

These include:

- Healthy Eating
- Physical Activity
- Tobacco Control
- Healthy Environments
- Mental Health Promotion
- Injury Prevention
- Child & Youth Development
- Sexual Health & Wellness

Becoming A Member

Does your group have an interest in wellness initiatives that work to improve the health and well being of people and communities in Eastern Newfoundland and Labrador?

Does your group believe that it is important to work together with other community-based agencies and groups to promote wellness and improve health and well being?

Is your group in the geographic boundary of the **Eastern Regional Wellness Coalition** from Port Blandford to Holyrood including the Bonavista and Burin Peninsulas, Placentia and Trinity-Conception areas?

If you answered **YES** to these three questions, then the **Eastern Regional Wellness Coalition** is for you.



To be eligible, a group must:

- Be a non profit group
- Interested in promoting the health and well being of their community.
- Be operating in the geographic area served by the **Eastern Regional Wellness Coalition**.



How do I join?

Membership is **FREE**.

Log on to
www.easternwellnesscoalition.com
or call
(709)466-6316
to obtain a registration form.