



DANCE NOVA SCOTIA WELLNESS COMMITTEE

Terms of Reference

Level

Ad Hoc Committee

Purpose

The Education Committee is an Ad Hoc committee of the Dance Nova Scotia Board. The Wellness Committee is a volunteer advisory committee of the organization dedicated to promoting the integration of wellness into all aspects of the organization's programming, outreach, and communications. The committee works to raise awareness of the positive impact of dance and the arts on physical, mental, emotional, and social well-being.

The role of the Committee is to:

- Advising on ways to incorporate wellness principles into the organization's events, programs, and communications.
- Identifying opportunities to highlight the role of dance and the arts in promoting personal and community wellness.
- Supporting the development of wellness-focused initiatives, resources, workshops, or campaigns.
- Collaborating with health and wellness professionals or organizations to enhance impact and credibility.
- Promoting inclusive and accessible wellness practices for all dancers and community members.
- Recommending strategies to communicate the wellness benefits of dance through storytelling, research, and public engagement.
- Providing input into wellness policies or best practices relevant to artists, instructors, and participants.

Membership

- Chair and Secretary as decided by the Committee
- Members: The Committee will consist of, at minimum, two Board members, the Executive Director, the Board President, and others as decided by the Committee

Meetings

- Frequency: At least quarterly
- Quorum: 50% plus 1
- Decision Making: Consensus

Minutes

Minutes of each meeting are recorded by the Secretary or an appointed delegate and distributed to Committee members and the Dance Nova Scotia Administrative Officer.

Reporting/Relationship

The Committee chair, or a designated committee member, will present a verbal report at regular Board meetings.

A written report from the committee is to be included as part of the Annual Report presented at the Annual General Meeting.