

**Minutes of the Meeting of the Board of Directors
of
Center for the Well Being, Inc.**

The board of directors of Center for the Well Being, Inc. held its regular meeting on Saturday, August 31, 2019 at 11:00 pm.

The following directors, constituting a quorum of the full board, were present at the meeting:
Kim Muehlbauer, Freya Muehlbauer

Proceedings

Financials:

- **Bank Account** - set up checking account with Suntrust on July 16, 2019. Received two debit cards for Freya and Kim.
- **Paypal Account** - set up a Paypal account for online donations.
- **Grants/Funding** - applied for grant from Mountain Rose Herbs for \$4,000 through their Grants4Plant program. Application submission was July 15, 2019. The recipient notification is set for September 1. This grant is intended to fund the Herbal Allies Workshop Series.
- **Facebook Birthday Fundraiser for Kim** - Goal was \$200; generated \$350 over the time period of 15 July - 8 Aug. Exceeded goal by \$150.
- **Donations** - set up spreadsheets documenting all financial donations and transactions.

Projects:

- **The Well Being's Herbal Allies Workshop Series** - Begins Sept 7. Response has been much greater than anticipated. Tracking social media marketing investment/costs.

Business:

- **Website** - set up website on 12 July: www.centerforthewellbeing.org. An email was also set up: info@centerforthewellbeing.org. Facebook and Instagram accounts set up.
- **Logo Created**
- **Sign Up Genius Account** - set up for RSVPs to Workshops, etc.
- **GuideStar Profile** - completed and received bronze star for 2019 for completion of organization's transparency.
- **Google Drive** - set up Drive and loaded documents into files.
 - passwords to accounts
 - Sunflowers1776 or Sunflowers1776!@#
 - Facebook: Make additional members admins @centerforthewellbeing
 - Instagram: centerforthewellbeing

Business Partnerships:

- **Developing partnerships with others:**
 - Chris Atwood Foundation for Narcan Supply.
 - Frontier Co-op for Herbs at discount and display jars.
 - International Buddhist Association of America for meditation techniques with a monk.
 - Healing Touch Counseling and Wellness, LLC. for workshop presentations and potential Board member.
 - Limitlessness, LLC. for The Wellness Mindset Coach service for presenting at workshops.
 - Looking for future affiliates, additional service providers who can present at the workshops and support our mission
- Kim is going to health and wellness expos and events from Fairfax County government and other sponsors in search of potential connections for the Center.

- **Next meeting will be held beginning of November in preparation for taxes which will be filed in December.**

Required Future Discussions

- **Venmo** - will be discussed when relevant
- Still looking for officers to recruit
- Looking for more grants to apply

Dated:

SIGNATURE ON FILE _____

Freya Muehlbauer, Temporary Secretary of the Meeting