

Board Motion

Adoption of the Rainbow Wellness & Fitness Initiative

I move that the Board of Directors of the Hot Springs LGBTQ+ Community Network approve and adopt the Rainbow Wellness & Fitness Initiative as an official Network program, contingent upon receipt of funding through the CenterLink and Planet Fitness Wellness Grant Program or other approved funding sources.

The approved program shall include:

1. The establishment of the Rainbow Wellness Scholarship Program to provide gym membership reimbursement assistance of up to \$15 per month, not to exceed \$90 per participant during the six-month program period.
2. A goal of supporting up to twenty (20) eligible participants through the scholarship program, subject to available funding.
3. The implementation of twice-monthly community line dancing classes and related wellness programming designed to promote physical activity, mental wellness, social connection, and healthy lifestyle habits.
4. Adoption of the program guidelines, scholarship application, monthly reimbursement request form, program evaluation tools, success metrics, and sustainability plan as presented to the Board.
5. Authorization for the President, Treasurer, Program Committee, and designated program volunteers to administer the program, establish application and reimbursement procedures, approve eligible participants, maintain appropriate financial records, and ensure compliance with all grant requirements.
6. Authorization for the President and Program Committee to pursue partnerships with local fitness providers, including Planet Fitness and other wellness organizations, to expand program impact and long-term sustainability.
7. Authorization for grant funds, sponsorships, donations, and other restricted revenues received for this initiative to be utilized solely for program-related expenses, including participant reimbursements, instructor fees, and administration.
8. Authorization for the President and Treasurer to make minor administrative modifications to program procedures as necessary to improve program effectiveness, provided such modifications remain consistent with the intent and budget approved by the Board.

Program Performance Goals

As part of this authorization, the Board establishes the following program performance objectives for the initial six-month pilot period:

- Award fitness scholarships to up to twenty (20) eligible participants.
- Maintain a minimum program retention and completion rate of 75%.
- Achieve participation of at least fifty (50) unique individuals through line dancing classes and wellness activities.
- Generate a minimum of one hundred (100) total wellness program engagements through classes, workshops, and scholarship participation.
- Demonstrate measurable improvements in participant physical activity, mental wellbeing, and social connectedness through pre- and post-program surveys.
- Establish at least one formal partnership with a local fitness provider or wellness organization.
- Develop a sustainability strategy to continue the Rainbow Wellness & Fitness Initiative beyond the initial grant period through sponsorships, partnerships, fundraising, and future grant opportunities.

The Board's long-term objective is to establish the Rainbow Wellness & Fitness Initiative as an annual signature wellness program of the Hot Springs LGBTQ+ Community Network that expands access to inclusive fitness and wellness opportunities for LGBTQ+ individuals and allies throughout the Hot Springs region.

Statement of Purpose

The Board recognizes that physical health, mental wellness, and community connection are essential components of overall wellbeing. The Rainbow Wellness & Fitness Initiative advances the mission of the Hot Springs LGBTQ+ Community Network by reducing barriers to wellness, promoting healthy lifestyles, fostering meaningful social connections, and creating welcoming and affirming opportunities for LGBTQ+ individuals and allies to thrive.