



HOST CRITERIA

Events and Activities must:

Incorporate at least one of our 4 Pillars of Wellness:

- Move the body
- Nourish the soul
- Express creativity
- Teach something new

Be Accessible & Inclusive

- Take place at locations that are easily accessible within Wellington North and Minto
- Consider transportation for attendees - is location easy to access?
- Ensure a safe and inclusive environment for all abilities and skill levels

Promote Wellness Everyday

- Teach skills and create activities that attendees can continue to use in their every day lives

Be Free or Low Cost

- Free events and activities are encouraged
- \$10 or less per person is recommended for events that require a fee to cover costs and supplies
- A limited number of subsidized tickets per event will be available to ensure everyone has an equal opportunity to attend