

Rules and regulations

1. Mission Statement

- The society aims to promote physical, mental, and emotional well-being among its members and the community through educational programs, activities, and support.

2. Membership

- Eligibility: Membership is open to anyone interested in health and well-being, regardless of age, gender, or profession.
- Application Process: Prospective members must complete a membership form and attend an orientation session.
- Membership Dues: Annual fees may be required to support the society's activities.

3. Meetings

- Frequency: Meetings will be held monthly or as needed to discuss upcoming events, programs, and any other relevant matters.
- Attendance: Members are expected to attend at least 75% of the meetings held annually.
- Quorum: A quorum of at least 50% of members is required for decision-making during meetings.
- Minutes: Minutes of each meeting will be recorded and distributed to members.

4. Roles and Responsibilities

- President: Oversees the society's operations, chairs meetings, and represents the society in public forums.
- Vice-President: Assists the President and stands in during their absence.
- Secretary: Manages meeting agendas, records minutes, and maintains membership records.

- Treasurer: Oversees the financial affairs, including collection of dues and management of the society's budget.
- Committee Members: Assist in organizing events, programs, and outreach efforts.

5. Programs and Activities

- Workshops: Regular workshops on topics like nutrition, mental health, fitness, etc.
- Community Outreach: Programs aimed at promoting health and well-being in the broader community.
- Support Groups: Facilitation of support groups for various health and well-being issues.

6. Code of Conduct

- Respect: Members must treat each other with respect and dignity.
- Confidentiality: Personal information shared within the society should be kept confidential.
- Inclusivity: The society promotes an inclusive environment where all members feel welcome.
- Non-Discrimination: Discrimination based on race, gender, age, religion, or any other characteristic is strictly prohibited.

7. Finances

- Budgeting: The society's budget will be planned annually, with inputs from the Treasurer and committee members.
- Expenditures: All expenses must be approved by a majority vote during meetings.
- Audits: Financial records will be audited annually by an appointed member or external auditor.

8. Disciplinary Action

- Procedure: If a member violates the rules or code of conduct, a disciplinary committee will review the case and recommend actions.
- Penalties: Penalties may range from a warning to suspension or expulsion from the society.

9. Amendments

- Process: Any amendments to these rules must be proposed in writing and approved by a two-thirds majority of the members present at a meeting.

10. Dissolution

- Procedure: In the event that the society is dissolved, all remaining assets shall be donated to a health or well-being related charity.

These guidelines can be customized further depending on the specific needs and goals of the Health and Well-being Society.