



Board Member Expectations

Thank you for joining the Empowered by Movement (EbM) Board! Your involvement helps us create a positive impact in the lives of those we serve.

Our Mission:

- We enrich the lives of older adults—including those living with Parkinson's and varied movement abilities—through movement, music, and the creative arts, fostering joy, connection, and well-being.

Expectations for Board Members:

Engagement

- Serve a three-year term, with a maximum of two consecutive terms.
- Attend and actively participate in monthly meetings.
- Be a strong supporter of EbM's mission and vision.
- Contribute to at least one committee or task force.

Fundraising & Advocacy:

- Support fundraising efforts by contributing, securing donations, or making connections with potential donors.
- Help expand awareness by sharing our mission within your personal and professional networks.

Meeting Schedule:

- Board meetings take place on the **2nd Friday of every month from 8:00 - 9:30 AM.**

Communication:

- Stay engaged with board members and staff as needed between meetings to support ongoing initiatives.

About Empowered by Movement:

Empowered by Movement is a nonprofit 501(c)(3) dedicated to bringing joy to seniors and individuals with Parkinson's through movement, music, and the arts. Our programs foster creativity, improve mobility, and build meaningful connections. By embracing artistic movement, we uplift spirits, enhance well-being, and empower individuals to thrive.

Your commitment and support are essential to our success. We're excited to work together to make a difference!