



## **Board Member Expectations**

At Empowered by Movement, we believe that strong communities are built through shared purpose and meaningful connection. Our board members are an essential part of that vision, offering their time, insight, and support to help our mission grow and thrive.

### **Our Purpose:**

- We exist to spark joy, connection, and possibility through music and movement.

### **Our Mission:**

- We empower 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.

### **Vision:**

- A world where movement and artistry restore joy, dignity, and purpose, cultivating well-being at every stage of life through vibrant, thriving community connections.

## **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 **3rd Wednesday of every month from 8:00 - 9:00 AM.**

### **Communication:**

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