

¡SALUD!

INTEREST GROUP GUIDELINES

Updated April 27, 2026 (Barbara Hill-Chair)

-Why the name change from Healthy Living? SALUD means cheers in Spanish and we wanted it to represent the major guidelines for the group

"S" for using safe products

"A" for active aging

"L" for living healthily

"U" for understanding our bodies

"D" for dining with healthy purpose

-The plan is to meet monthly if a member signs up to host an event/meal/eating out/engaging someone to present a topic or lecture. A member may also present a topic

-Member responsibilities:

-The choice of topic is up to the member as long as it is within the parameters listed above of the group

-Determine the number of people who can attend and has the option to charge a fee if a meal is prepared in their home

-The member has the option to request payment in advance to purchase ingredients. Should a member cancel, they forfeit their payment unless they are able to find a substitute. This method will ensure the member does not bear all the cost

-The member determines the meeting date. If the plan is to eat out, the member will secure the reservation

-If the member needs to cancel, they are not obligated to provide a substitute date, unless they wish to

-If no one signs up for a month, we will not meet

-The Chair will continue to be responsible for communications