

**QUALITY OF LIFE, HEALTH, AND WELLNESS COMMITTEE**  
**PURPOSE AND SCOPE**

The committee will explore programs, accumulate information and educate members about wellness issues and resources and develop CLEs to be offered to members throughout the state. The committee will formulate a plan to celebrate May as Quality of Life, Health & Wellness Month and provide content for the Communications Department of the Alabama State Bar to raise awareness through a Wellness Wednesday social media campaign.

The committee will take advantage of all resources available to it through the Alabama State Bar, including its sections, and the American Bar Association and other similar groups. The committee will also determine whether similar programs exist in other bar associations and, if so, review those programs to determine if any such program can be duplicated in Alabama.

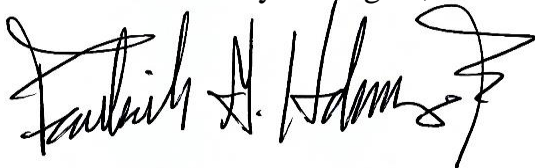
The committee should look for ways to collaborate with the Alabama Lawyers Assistance Program Committee on projects designed to promote wellness in the legal profession.

The committee may divide itself into such working groups as may be necessary to effectively carry out its functions. The chairperson will appoint a chair for any working group. The committee will elect from its membership a secretary who will be responsible for a written record of its actions. The secretary, or a designee, will keep minutes of all meetings of the committee, and of all working groups thereof. The original of the minutes will be filed with the Alabama State Bar within 14 days after each meeting to be made a part of the committee's file.

The Alabama State Bar, through its designated staff liaison, will assist the committee in carrying out its purpose.

The committee and its working groups will meet at the call of the chairperson or the working group chair, in person or by conference call as the chairperson and the working group chairs will determine.

Done this 26<sup>th</sup> day of August, 2025.

A handwritten signature in black ink, appearing to read "Frederick G. Helmsing, Jr.", written in a cursive style.

Frederick G. Helmsing, Jr. President  
Alabama State Bar