**Agenda:**

* **Updates**
  + We had our project demo showcase, it went very well ! If you’d like to see the slides, we can share them with you
  + Design Updates after user testing !!
  + We’re reaching out/have reached out to your patients for additional testing, thank you for letting us sit in on your session last week :-)
  + We’re working on documentation work and preparing for hand-off
  + Posters & Magnets for the Dr.Row’s 555 application to give to patients
    - Will need there to be a final domain name/url completed, we’ll send it off before the end of the month (will need some initial payment, can get a general cost idea for you)
* **Cost Analysis Conversation**
  + Walk-through of Spreadsheet
  + Recommendation:

1. Start with Netlify & work with a Freelance Developer, Abby
2. Apply for the Spring 373 Course for a team of students to further enhance the application and potentially (likely) get it set up as an Android application
3. As part of the Spring course, request that a permanent hosting solution be arranged.
   * Why?
     + This option allows for a greater opportunity of expansion for this project & your goals. We sensed hesitancy to fully move the work with a larger 3rd party vendor at the moment & we think this option has a lot of benefits and would put on a good path to achieve a higher reach
       - An android application would help w/ reach and patients who want to download something immediately
       - Leave space for there to be further development and even research on reception after the web app has been built for some time
   * Getting this to you → is there someone I can send this to to print it at Shadyside FHC? We’ll also share/have shared a PDF of the final Cost Analysis to look at !!

* **Filmed Video**
  + Less distraction, filmed inside, can put this in the app now, and leave space for a new one to be filmed – Include in rec. for next team
  + Calming imagery/waves with your voice over head
* **Actions Items 4 Dr.Row**
  + Let Patients know we’ll be reaching out to them on Monday afternoon
  + Record new audio alongside the application from home, send it to us
  + Think about ideas for video (what would you like us to put in its place)
    - Calming imagery/waves with a voice over & in the future, getting another video filmed (which we can edit and upload)
    - The video we already filmed
  + Look over 555 Practice Section
    - ‘Does she practice 555 on her own time?’
    - Yes! Dr.Row loves the 555 and uses it within both the personal and professional spheres of her life. Dr.Row believes in healing mental repair and recovery of the self & finding sustainable ways to relax and find peace. Meditative breathing is a well-loved aspect of Dr.Row’s work and wants to encourage everyone, no matter what, to find ways to re-center during moments of stress.
    - Dr.Row created the 555 Breathing Technique during the COVID-19 pandemic after completing the Yale University ‘Happiness Course’, “The Science of Well-being,” by Dr.Laurie Santos. Dr.Row is a firm believer in meditation, healing, and seeking optimism, wellness, and gratitude in all areas of life.
* **Next week’s meeting modality & time: July 22nd @ 12PM**