



# 2022-2024 COMMUNITY SERVICE PROGRAM

## HEALTH and WELLNESS



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Let's Get Fit Within our Communities: fit in body, in mind, and in spirit. To improve our wellbeing, we must address three key components: nutrition, disease prevention, and physical and emotional care. This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas.

### COMMUNITY CONNECTION INITIATIVE: PHYSICAL FITNESS – GIVE THAT GLIMMER AND GLOW



Community Connection Initiatives are designed to answer the need to build awareness and recognition of who GFWC volunteers are, what the organization accomplishes, and making GFWC recognizable in local communities. This branding effort assists in giving GFWC a more human side, which will help to build your recognition and grow your membership.

The Health and Wellness Community Connection Initiative encourages clubs to create personal and community activities to retain good health. Regardless of age, abilities, ethnicity, shape, or size everyone can experience the benefits of physical activity.

Ideas include partnering with a home improvement store and other service organizations to purchase and build playground equipment for a shelter or special needs facility, partnering with a sports store to provide fitness apparatus for a senior center or nursing home and sponsor classes in their use, or plan a fitness trail in your community.

So, let's Get Fit Within our Communities. Give and get that glimmer and glow that a physical fitness activity will add to life.

### AFFILIATE ORGANIZATIONS

(Confirmed as of date of printing)

Depending on club intent, projects/programs from these GFWC Affiliate Organizations could be reported here as well:



### RESOURCE ORGANIZATIONS

(Located in the Resources Area of the Club Manual.)

**"A HEALTHY ATTITUDE IS CONTAGIOUS BUT DON'T WAIT TO CATCH IT FROM OTHERS. BE THE CARRIER." – TOM STOPPARD**

- Support and/or sponsor immunization programs at home and abroad.
- Share information about the early signs and symptoms of diabetes in children and adults.
- Celebrate National Nutrition Month in March with a healthy potluck dinner at your club's monthly meeting.
- Hold a "Healthy Food Drive," requesting donors to contribute nutritious foods from Feeding America's Healthy Food Donation List.
- Establish a school OR community garden or expand an existing school garden to provide fresh and nutritious produce for local soup kitchens and food pantries.
- Support and/or sponsor immunization programs at home and abroad.
- Recognize National Immunization Awareness Month in August.
- Share information with club and community members on various topics from the Centers for Disease Control and Prevention (CDC), such as disease and conditions, healthy living, traveler's health, emergency preparedness, and more.
- Share information about the early signs and symptoms of diabetes in children and adults.
- Post and/or share information on the safe disposal of unwanted medications and the location of local medication disposal drop boxes.
- Adopt a classroom and donate physical exercise "take a break" items such as jump ropes, hula hoops, balls, etc.
- Partner with a local assisted living home to provide senior exercise equipment such as leg pedaling machines, resistance bands, and/or yoga mats.
- Learn and share the risk factors, signs, and symptoms of someone in danger of suicide, as outlined by the National Institute of Mental Health.
- Educate, advocate, and/or donate during Mental Health Awareness month in May.
- Offer resources and/or promote programs that prevent bullying, so children and youth are safeguarded and supported at school, in the community, and online.
- Send notes or cards to residents of nursing homes to boost their emotional well-being.
- And many more provided in Club Manual.

(This list is a brief offering of project ideas. Please visit Club Manual for other grassroots projects and/or programs as well as those with Affiliate Organizations or Resources.)