



HEALTH and WELLNESS COMMUNITY SERVICE PROGRAM



The human body, mind, and spirit comprise our health and wellness. To improve our wellbeing, we must address three key components: 1) Nutrition, 2) Disease Prevention, and 3) Physical and Emotional Care. This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas.

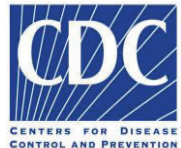


**CHALLENGE
PROJECT**
Provide
"Physical" Funding
for Mental Health
Programs

**GFWC-NC Chairman
Tammy Kesky**

**GFWC-NC Junior Chairman
Sharon Day**

Resource Organizations



Be Inspired and Get Creative!

- Share information with club and community members about making wise food choices.
- Hold a "Healthy Food Drive," requesting donors to contribute nutritious foods from Feeding America's Healthy Food Donation List. Establish a drop off location and coordinate delivery to local food pantries or communities in need.
- Host a community workshop and/or taste testing that provides healthy recipes and handouts on nutrition.
- Celebrate National Nutrition Month in March with a healthy potluck dinner at your club's monthly meeting.
- 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 here and abroad.
- Recognize National Immunization Awareness Month in August.
- Provide care items for cancer patients, such warm blankets, socks, moisturizers, lip balm, water and hard candy. Diversions such as books, magazines, and crossword puzzles, are also a great idea.
- 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.
- Celebrate American Heart Month in February by planning programs on women's heart health and posting support for National Wear Red Day® (on the first Friday), with information from the National Heart, Lung, and Blood Institute.
- Post and/or share information on the safe disposal of unwanted medications and the location of medication disposal drop boxes.
- Partner with a local assisted living home to provide senior exercise equipment such as leg pedaling machines, resistance bands, and/or yoga mats.
- Share the risk factors, signs, and symptoms of someone in danger of suicide, outlined by the National Institute of Mental Health.
- Hit the mat with a workshop for club and community members on yoga and meditation, or an alternative form of exercise to stay fit, healthy, and happy, physically and mentally. Try an on-line class.
- Support North Carolina's Developmental Disabilities Centers and the Neuro-Medical Treatment Centers. Chairman: Carol Watts.
- Educate, advocate, and/or donate during Mental Health Awareness month in May.

Please sign up for the Member Portal at WWW.GFWC.ORG for access to the Club Manual for additional project ideas, Resource Organizations information and the list of GFWC Affiliate Organizations.