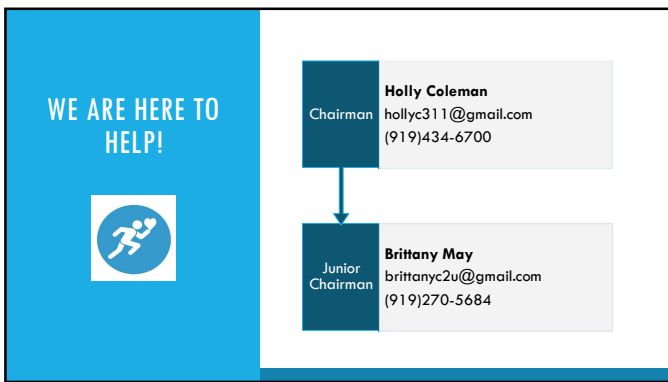
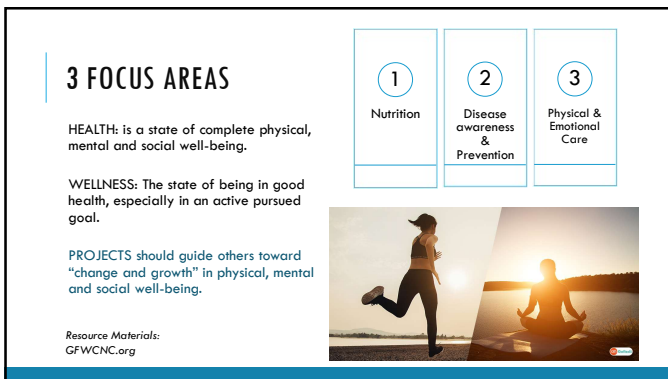


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3


Health vs. Wellness - what is the difference? In the words of Sydney Lappe, MS, RDN, "The primary difference between health and wellness is that *health* is the *goal* and *wellness* is the *active process of achieving it*. We cannot always choose the state of our health, but we do have the conscious choice to make active decisions towards wellness." Wellness has a direct influence on overall health, which is essential for living a healthy, happy, and fulfilled life.

So, let's **Get Fit Within our Communities** - fit in body, in mind, and in spirit. Educate, practice, and promote the three fundamental areas of this Community Service Program.

GET FIT WITHIN OUR COMMUNITIES

4

DISEASE AWARENESS AND PREVENTION



Disease awareness and prevention is knowledge of the factors that cause disease (including social determinants and health inequity), the symptoms, and ways to prevent it.

- *Screenings
- *Vaccinations
- *Shared information

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DISEASE PREVENTION AND AWARENESS PROJECT IDEAS

- Support local races
- Show healthcare workers appreciation by creating cards or gifts
- Make reusable bags filled with feminine hygiene products and take to local schools.
- Learn about and share information on social media about National Health Observances such as *Save Your Vision Month* (March), and *Childhood Cancer Awareness Month* (September). To find a comprehensive list, visit Health.gov for monthly health observances.
- Support and/or sponsor a vaccination clinic in your community or abroad.
- Establish a medical share closet stocked with canes, crutches, or walkers for those in need
- What has your club done in this area?

6

NUTRITION

Nutrition is a key element in the quest for good health. Wise food choices, proper usage of vitamins and supplements, and food allergy awareness help maintain a healthy lifestyle free of weakened conditions and chronic illness.



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NUTRITION PROJECT IDEAS

- Support your local food pantry, Meals on Wheels, or create your own solution to hunger.
- Teach and share with your club about proper nutrition- Eat your rainbow!
- Establish or assist with a community garden.


- Visit and support local farmer's markets. Coordinate a taste testing or children's coloring contest.
- Donate healthy and/or fresh foods to a university or cafeteria.
- Partner with Plant a Row for the Hungry Campaign to help provide fresh food options for food pantries and soup kitchens.

- What has your club done in this area?

8

PHYSICAL AND EMOTIONAL CARE

Physical and emotional care encompasses behaviors to manage a healthy body, mind, and spirit throughout life. This includes physical, intellectual, emotional, spiritual, environmental, and social wellbeing.



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PHYSICAL AND EMOTIONAL CARE-PROJECT IDEAS

- Integrate physical fitness into your club meetings.
- Hit the mat or gym with your club, promoting physical care with fellowship.
- Inform club members about substance abuse, eating disorders, and mental health. US Dept of Health is a good resource.

- Paint "encouragement rocks" to leave around the community.
- Create notes or cards to boost emotional well-being for those in nursing facilities or hospitals.
- Partner with Meals on Wheels to provide mental health games to the community. Examples are puzzles or coloring books.
- What has your club done in this area?

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Community Connection Initiative

PHYSICAL FITNESS- GIVE THAT GLIMMER AND GLOW

GFWC IS ENCOURAGING EACH CLUB TO PLAN ONE YEAR-LONG PROJECT TO PROMOTE PHYSICAL ACTIVITY FOR ANY AGE GROUP



Project ideas?



11

MOUNTAINS TO THE SEA TRAIL

Accept the 40 hike challenge!
Document your progress & report
Volunteer, Donate, or Become a Friend.

FRIENDS OF THE Mountains-to-Sea Trail
Healthy Communities

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ANY QUESTIONS
OR COMMENTS?



THANKS FOR
JOINING US!

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