

Form Name:	The Florida Bar Young Lawyers Division Law School Affiliate 2020 Health & Wellness Grant Application
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Deadline August 3, 2020

Name of Law School Affiliate	WMU Cooley Law School
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Individual Contact Name	Daniela Mendez
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Contact Email	Mendezda@cooley.edu
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Contact Address (the address where The Florida Bar will send your Grant Award)	9445 Camden Field Parkway Riverview, FL 33578
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Proposed Date of Project	Nov 13, 2020
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Proposed Location of Project	Virtual Virtual Virtual, FL 33578
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Expected Number of Students Attending	200
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Description/Agenda (Please include a brief description/agenda for your event)

We will have a health and wellness week to encourage participation by all in attendance. We will open the health and wellness events for all to include the students and all employees of the school as well. We will encourage students only to keep track of their steps and submit the daily balance of the steps taken in a google form. We will then tally up the number of steps and whomever has the first, second, and third, most steps taken will win the health and wellness challenge.

This is the tentative schedule for the health and wellness events:

11/12/2020: Yoga instead of a Nap. We will host a certified yoga instructor to host a virtual yoga beginner friendly class in the afternoon time of this date. This will be catered for our afternoon and morning students. It will be a family friendly class as well so that our students or staff and faculty that have children can work out with their loved ones.

11/12/2020: Salsa night. We will host a certified salsa class instruction to put on a virtual salsa beginner friendly class. This will also be a family friendly class.

11/13/2020: We would like to host a panel discussion put on by the Florida Lawyers Assistance Program. The hope is to expose students to the FLA program and all the services that they offer. We plan to mitigate the negative stigma of FLA by having students connect with them now instead of later. The panel will be selected by FLA.

11/14/2020: We will end the health and wellness week by asking students and faculty and staff to submit all their favorite healthy recipes into one google drive. All of the students, faculty and staff, will have access to the google drive so that they can get the recipes. We will then schedule an alcohol-free happy hour for dinner on 11/14/2020, where we will eat dinner together and talk about making the recipes. On this day, we will release the name of the most steps received winners.

Describe how you will recognize The Florida Bar YLD for its support of your event

We will utilize all the hashtags for the health and wellness week to include: #stigmafreeyld, #flayld, #welllawyer on all social media platforms. We will also tell all that the YLD is helping fund the yoga and salsa instructors. We will also give a donation to the Florida Lawyers Assistance program on behalf of WMU-Cooley partially and YLD partially.

Budget

https://s3.amazonaws.com/files.formstack.com/uploads/3943241/94732189/642802183/94732189_health_and_wellness_budget_proposal.docx

Signature of the LSL Law School Administrator


