

From: noreply@formstack.com
To: [McChesney, Richard J](#); [Miller, Thomas V](#); [Dorn, Celia](#)
Subject: The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application
Date: Friday, October 30, 2020 6:04:04 PM



Formstack Submission For: **The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application**

Submitted at 10/30/20 6:03 PM

**Name of
Affiliate
Organization:**

The Asian Pacific American Bar Association of South Florida

**Individual
Contact
Name:**

Tiexin Yang

**Contact
Email:**

yangtiexin@wustl.edu

**Mailing
Address
(where The
Florida Bar
should send
grant funds):**

APABA of South Florida c/o Timothy J. Ferguson,
Foley & Mansfield 4770 Biscayne Boulevard Suite
1000
Miami, FL 33137

Event Name:

Morning at Oleta River State Park

**Estimated
Event Cost:**

500

**Estimated
Attendance:**

25

Dollar

**amount
requesting
from the
Young
Lawyers
Division of
The Florida
Bar:**

500

**Event(s)
Description:**

The event will consist of two sessions, an outdoor yoga session (1hr) followed by a 3-mile walking tour both at Oleta River State Park. Participants may choose to participate in both sessions or only one of them. Those who have participated in both sessions and completed the step challenge (6000 steps) will receive a prize. The prize includes a pass for a single meditation class and a T-shirt with APABA's logo.

The yoga session will be live-streamed through APABA's social media platform (Instagram and/or Facebook), so people could participate virtually as well.

The event will relate to both the mental and physical health of each participant and the winner of the challenge will have a further opportunity to explore mental wellness through a meditation class.

**Will alcohol
be served at
the event?:**

No

**Will any
monies
received from
the YLD be
used to
purchase
alcohol,
travel
expenses, or
attorney
hours?:**

No

**How will the
YLD funds
be utilized?:**

\$350 for the yoga instructor; \$40 for face masks and hand sanitizers; \$10 for water; \$100 will cover or help subsidize a portion of the prize (\$25/pass).

How does

your event(s) fit into the parameters of the Health and Wellness Challenge?:

Attending the yoga session will count as a challenge to attend a fitness class. The walking tour will feature a step challenge, with the goal to be 6500 steps.

Will your event(s) benefit any other groups?:

Yes

In which Judicial Circuit will your event(s) occur?:

Circuit 11

In which County will your event(s) occur?:

Miami-Dade

Will your event(s) be held via Zoom (or other online web platform), in-person, or a combination of the two?:

Zoom & In-Person

Proposed date of event (must be within one year from application deadline):

Jan 16, 2021

Describe how you will recognize The Florida Bar Young

Social Media

**Lawyers
Division for
its support of
your event:**

Budget:

Copyright © 2020 Formstack, LLC. All rights reserved. This is a customer service email.

Formstack, 11671 Lantern Road, Suite 300, Fishers, IN 46038

Please note: Florida has very broad public records laws. Many written communications to or from The Florida Bar regarding Bar business may be considered public records, which must be made available to anyone upon request. Your e-mail communications may therefore be subject to public disclosure.