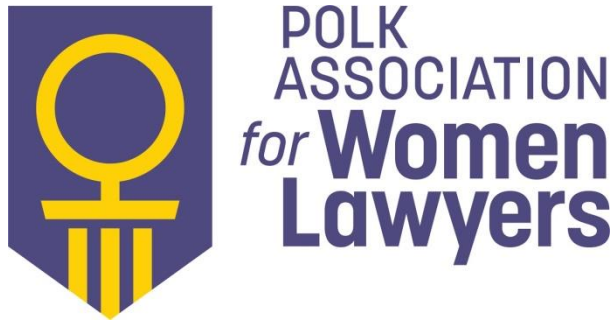


POLK ASSOCIATION FOR WOMEN LAWYERS

(YLD) HEALTH & WELLNESS GRANT APPLICATION 2020



PAWL HEALTH & WELLNESS CHALLENGE

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Polk Association for Women Lawyers (YLD)

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Affiliate

The Polk Association for Women Lawyers (PAWL) is Polk County's local chapter of the Florida Association for Women Lawyers, which has a stated mission "[t]o actively promote gender equality and the leadership roles of FAWL's members in the legal profession, judiciary, and community at large." PAWL currently has over 70 members and is still growing. PAWL's members include men and women from a variety of legal backgrounds including Judges, private practitioners from both large and small firms, and government attorneys.

Project Objectives and Description

As part of PAWL's greater mission, we are motivated to encourage and support the physical and mental health and wellbeing of each and every member of our organization and legal community within the Tenth (10th) Judicial Circuit. In furtherance of this effort we are excited to host a pilot program in January 2021, the PAWL Health and Wellness Challenge, "Fitness with a Witness". The objective of this program is to motivate our local PAWL membership and greater legal community as a whole to start the new year off strong and take the time to focus on their mental and physical health and well being. We intend to do this by hosting a month long challenge inviting individuals to participate and complete one

or more health and wellness related task each day. This challenge will run from January 1, 2021 to January 31, 2021 and upon completion, the top individuals will receive gift baskets for their efforts. Additionally, the participants who complete the entire month challenge will be rewarded by a day of pampering at the Noire Nail Bar in Lakeland, Florida to receive a luxurious pedicure as a celebration for their successful completion of the challenge.

Depending on the feedback and interest shown in participation of this challenge, PAWL may or may not designate a multiple member committee in order to assist in facilitation of this event. If the challenge is a hit, it would be our hope to continue this event and make it an annual wellness challenge each year. This challenge will be open to the entire Tenth (10th) Judicial Circuit in that individuals can complete any and all of these tasks on their own time, in their own communities. It is the intention of PAWL to run this challenge on an honor system but provide accountability by requiring each individual to snap a photo of their participation and tag in social media to the PAWL and YLD social media pages.

PAWL will be posting continuously throughout this month to the PAWL and YLD pages about the participation of the event and motivation to be passed along. We hope to encourage each and every participant to strive to do their best and complete as many items as possible to end the month with a well-rounded health and wellness challenge.

Rules of the Challenge

The intention of this event is to motivate our membership and greater legal community to get up, get out and get fit. We plan to do this by creating a series of BINGO Card style print outs with each square being an activity to complete. These cards will be e-mailed to participants and easily able to print and fill out. A participant can complete as many or as few tasks each day as they would like but we encourage consistent participation with at least one activity per day. Some examples of activities we may include would be:

- Walk/Run for Ten Minutes
- 20 Jumping Jacks
- 10 Push-Ups
- Drink 64 Oz. of Water
- Try a vegetarian meal
- Call a mentor and speak with them for ten (10) minutes
- Speak with a mentee for ten (10) minutes
- Perform an Act of Kindness for a Stranger
- Donate an item of Clothing/Food to a Local Non-Profit
- 30 Minute Bike Ride
- Participate in "Dry January"
- Meditate for 15 minutes
- Run/Walk a 5K
- Spend time with a pet

When a participant completes a task, they should post about it and encourage one another to keep up the momentum! When you fill up one card, keep it for evidence and post about it online, then pull out another card and keep on going. The more cards completed the better! To make things even more exciting (because who loves a challenge more than lawyers?!) bonus points will be in play. In addition to

completing the tasks on the cards, bonus points will be awarded for a list of add-ons, including but not limited to:

- Participants photographed getting fit together
- Participant is wearing something patriotic
- Participant is wearing Courtroom attire
- Participant is wearing a dissent collar, bright green earrings, or other RBG inspirational attire
- Participant is photographed with a family member (pets are family members too)
- Participant getting to take a nap (No doubt the toughest task for lawyers. Double points awarded)

PAWL will include a multitude of good humored tasks to bolster the community of our organization. We hope this challenge will inspire communication and laughter amongst our friends and colleagues and will inspire each and every one of us to take a few moments each day to focus on the many facets of our health and to enjoy our time while doing so.

Project Organization

The “Fitness with a Witness” Challenge will be organized during the November and December months of 2020. The kick-off date will be January 1, 2020. Prior to kick-off date, correspondence will be sent to all members of PAWL as well as circulated throughout the Tenth (10th) Judicial Circuit Court E-Mail system. We will request all participants respond with interest by no later than the third week of December. Following registration, the Challenge Cards will be e-mailed out to all participants and the challenge will run through January 2021. All Challenge Cards must be scanned and submitted via e-mail to the Challenge Coordinator by no later than Midnight (12:00 AM) January 31, 2021. Cards submitted after this time will not be counted. Upon submission of cards, Challenge Coordinator will review all submission and will announce the 1st, 2nd and 3rd place awards for challenge completion. Pictures of each day are not required to be submitted directly to coordinator for proof, although they should be posted to appropriate social media daily. Only submissions requesting bonus points should be either e-mailed or texted to the assigned Challenged Coordinator in order to verify bonus points. Winners will be determined by the numbers of tasks completed and bonus points added. A Challenge Participation Event will be held in February to wrap-up this event and will be hosted by Noire Nail Bar in Lakeland, Florida. Participants are encouraged to come and spend some quality time together reminiscing over the month and challenges while getting pampered. Gift baskets will be awarded to the top winners on this date.

Budget

Estimated Expenses:

Printed Materials/ Advertising	100.00
Pedicures from Noire Nail Bar (15 people at \$27.00 each)	405.00
Gift Baskets – 1 st Place	100.00
2 nd Place	75.00
3 rd Place	50.00

Estimated Total:

730.00