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To: [Miller, Thomas V](#)
Subject: The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application
Date: Friday, April 16, 2021 3:29:02 PM



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

Submitted at 04/16/21 3:28 PM

**Name of
Affiliate
Organization:**

Hillsborough County Bar Association Young Lawyers
Division

**Individual
Contact
Name:**

Lyndsey Siara

**Contact
Email:**

siaralk@fljud13.org

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

1610 North Tampa Street
Tampa, FL 33602

Event Name:

2021 Health and Wellness Bingo Challenge

**Estimated
Event Cost:**

500

**Estimated
Attendance:**

50

Dollar

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

500

The Hillsborough County Bar Association Young Lawyers Division aims to host its annual Health and Wellness Bingo Challenge again this Bar year with new offerings for our members. As a three-part initiative, our Challenge will promote wellness of mind, body, and spirit. Members will experience positive mindfulness practices, as well as healthy eating and movement, along with the camaraderie of completing the Bingo Challenge together. This HCBA YLD initiative promotes healthy choices, active lifestyles, and mind-body practices through a bingo challenge. A bingo card will be distributed to participating members who must complete the activities listed on each bingo square to the best of their ability. Members will perform a variety of health-related activities, such as stretching for 15 minutes, getting 8 hours of sleep, or completing a 5k run/walk. Members will be encouraged to share their bingo card efforts on social media as they complete the different activities in order to motivate their fellow members. For reference, we have included a sample bingo card with this grant application.

At the conclusion of the challenge, members will submit via email or social media their completed bingo cards with pictures from the activities they performed to raise awareness with other attorneys in the community and the state of Florida. All completed bingo cards will be entered into a raffle for prizes, which will be donated from local wellness-oriented companies. For the past two years, our bingo challenges were met with enthusiasm and an abundance of participants. Due to the safety concerns of COVID-19, this year's bingo challenge will be a virtual event that will encourage connection between the members while providing opportunities to focus on mental wellbeing, which is more important now than ever. We also hope that by encouraging communication and collaboration with respect to the challenge, our members will enjoy more social interaction, which we understand many are lacking as

**Event(s)
Description:**

they seek to adhere to social distancing guidelines. The HCBA YLD looks forward to another successful challenge in order to promote healthy living and reduced-stress environments for our members.

In conjunction with the Bingo Challenge, the HCBA YLD's Health and Wellness event aims to promote wellness and mindfulness to ease the demands of our members' profession. This year, we will promote and encourage young lawyers in the Tampa Bay area to participate in a virtual yoga event with either Union Three or Camp Tampa, both of which are cycle and yoga studios. Yoga is a mind and body practice that helps reduce stress and allow participants to get their mind off of work and focus in a meditative, stress-free environment. Holding a virtual event will allow participants to participate in a worry- and stress-free activity while remaining mindful of concerns relating to COVID-19 and the uncertainty surrounding in-person events. This event will correspond with the Florida Bar Young Lawyers Division Health and Wellness Initiative. The HCBA YLD will market the event via email and social media.

Additionally, to urge creativity and wellness in another format, we plan to host a virtual cooking class. Differing from other events we have hosted in prior years, we hope to inspire members to practice mindful eating and ease stress by partaking in a hands-on activity, albeit within their own home. This will also offer members who are not interested in a virtual workout class to participate in a community event with other members that will spur them to cook and focus on healthy eating. This event will also correspond with the Florida Bar Young Lawyer' Division Health and Wellness Initiative.

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

No

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

No

**attorney
hours?:**

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

Virtual Yoga Class and Virtual Cooking Class

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

The events fit into the parameters of the Health and Wellness Challenge by raising awareness for health and wellness and encouraging conversation on these topics on social media and otherwise. We are hopeful our events will increase exercise, healthy eating, and mental health awareness among our membership.

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

While the event is designed to encourage health and wellness among young attorneys, we always encourage attorneys of all ages to participate to the extent they can.

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

Circuit 13

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

Hillsborough County

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

Zoom (or other online web platform)

**Proposed
date of event
(must be
within one
year from**

May 01, 2021

**application
deadline):**

**Describe how
you will
recognize The
Florida Bar
Young
Lawyers
Division for
its support of
your event:**

Social Media

Budget:

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