

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: Tuesday, October 27, 2020 5:32:21 PM
Attachments: [99690636_Proposed budget #2.xlsx](#)



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

Submitted at 10/27/20 5:32 PM

**Name of
Affiliate
Organization:**

Young Lawyers Division of the Indian River County
Bar Association

**Individual
Contact
Name:**

Samantha Kelly

**Contact
Email:**

skelly@gouldcooksey.com

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

979 Beachland Boulevard
Vero Beach, FL 32960

Event Name:

Stress Management and Self Care

**Estimated
Event Cost:**

1195

**Estimated
Attendance:**

20

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

695

Event(s) Description:

YLD hosts a yoga class: "Stress Management and Self Care". Private studio class at Level Yoga which incorporates mindfulness, meditation, stress management and a kindness component (available to be streamed online via zoom). Social distancing requires no more than 20 in person participants. 60 - 75 minute class followed by breakfast "to-go" (participant choice of acai bowl, smoothie or pressed juice from local establishment with instructions regarding recipes and healthy eating - all options are vegan and most are gluten free). Participants will also receive a "stress relief" kit, each to contain some combination of the following: soy wax candle, mug, pack of tea, shower steamers, essential oil roll on, goat milk bar, epsom salts, card deck of mindfulness exercises. IRCBA YLD will seek sponsorship to cover majority of the costs of these kits (asking for \$200 total from Young Lawyers Division of The Florida Bar, but total costs of kits for all participants will likely be \$700). This class will be open to all lawyers, law students, paralegals, judges, and judicial assistants.

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?:

To pay for yoga/meditation instructor/private class studio rental and to-go breakfast for event

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

Attend a fitness class / attend a mindfulness event / share healthy recipes

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

No

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

Circuit 19

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

Indian River County

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

In-Person

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

Jan 09, 2021

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

Announcement at the Event

Budget:

[View File](#)

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.