

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: Sunday, November 01, 2020 3:47:37 PM
Attachments: [99690636_Health and wellness challenge budget.docx](#)



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

Submitted at 11/01/20 3:47 PM

**Name of
Affiliate
Organization:**

Jacksonville Women Lawyers Association

**Individual
Contact
Name:**

Jennifer Vanover

**Contact
Email:**

Jennifer.Vanover@Gray-Robinson.com

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

Smith Hulsey & Busey, PA; ATTN: Kayla Haines
1 Independent Dr. Suite 3300
Jacksonville 32202

Event Name:

JWLA Health and Wellness Challenge

**Estimated
Event Cost:**

1000

**Estimated
Attendance:**

50

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

500

Event(s) Description:

JWLA will be hosting an ongoing Health and Wellness Challenge for the next several months. JWLA members will be encouraged to partake in multiple health and wellness challenges throughout the next few months and track their progress through the countit.com website and share their participation through various social media outlets. Various challenges will include attending the JWLA stepping in to connections event (an event where 8 members get together and go for a walk outside), attending a JWLA sport outing such as the shooting clinic, running clinic or golf academy. Other more readily available challenges will include doing push-ups, doing yoga, eating fresh meals, amongst others. Each week the member with the most points will receive a health and wellness gift bag that includes various items related to health and wellness. At the end of the challenge there will be a celebration where all participants are invited, and the individual with the most points will be awarded a grand prize.

(While alcohol will be available for purchase at the final event it will not be provided by JWLA).

Will alcohol be served at the event?:

Yes

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?:

For final prize, food and venue space costs at the end of the challenge.

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

Each week individuals will be encouraged to make healthy choices and made decisions that promote their wellbeing.

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

This challenge will be limited to JWLA members, however anybody following JWLA or its members on social media will be exposed to this challenge and may be prompted to start their own health and wellness journey

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

Circuit 4

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

Duval, Nassau, St. Johns, Clay

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):

Apr 01, 2021

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

Other: Through various social media channels and
announcement at our final celebration.

Budget:

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