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

Submitted at 11/02/20 3:06 PM

**Name of
Affiliate
Organization:**

Lee County Bar Association Young Lawyers Division

**Individual
Contact
Name:**

Shirlarian Williams

**Contact
Email:**

snw@kubickidraper.com

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

PO Box 1387
Fort Myers, FL 33902

Event Name:

Lee County Bar Association Young Lawyers Division
(LCBA YLD) 2021 Wellness Challenge

**Estimated
Event Cost:**

1700

**Estimated
Attendance:**

75

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

1630

Event(s) Description:

LCBA YLD's health and wellness challenge would kick off in the month of May to focus on and support Mental Awareness Month and Lawyer Well Being Week. LCBA YLD would begin the challenge with a CLE on the power of positivity and kindness and how mental health supports physical health. LCBA YLD challenge would ask members to get moving– whether running, walking or biking. Each participant would set their own personal goal and then they would “compete” against themselves and each other for prizes. LCBA YLD would track participants miles via Charity Miles (<https://charitymiles.org/>) so that not only are we doing good for ourselves but also helping others.

Our challenge would be open to all members of LCBA. LCBA YLD would host events throughout the month to encourage participants to get active. Additionally, we would coordinate with the LCBA and other LCBA divisions for any events they are hosting to get more participants signed up and active. For example, the LCBA hosts a charity golf tournament and would work with them to get golfers to sign up so their steps count towards the challenge.

LCBA YLD has found that event participants like to receive small incentives such as water bottles or t-shirts when they participate in an activity. In addition to incentives for coming to a LCBA YLD sponsored event, participants will be eligible for prizes such as the most miles, beating their personal challenge goal and attending the most LCBA YLD challenge events.

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?:	The money from the YLD will go towards paying the rental/entrance fees for Ding Darling, the class fee for our group exercise event, the cost of food and drinks (non- alcoholic) for each event, and incentives for the participants.
How does your event(s) fit into the parameters of the Health and Wellness Challenge?:	LCBA YLD's theme for 2021 is Thriving During COVID. Our health and wellness project is focused on supporting that theme and members of our legal community – both young and vintage. 2020 has been a challenging year. In the current times, many lawyers find themselves living and working in the same environment – their home. Our goal with LCBA YLD Health & Wellness Challenge is to encourage our members to take care of themselves both mentally and physical and to inspire them get moving outside of their homes.
Will your event(s) benefit any other groups?:	The event will benefit young attorneys, seasoned attorneys and their families.
In which Judicial Circuit will your event(s) occur?:	Circuit 20
In which County will your event(s) occur?:	Lee
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):

May 01, 2021

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

Other: The Florida Bar YLD will be recognized on social media, the flyer and at the events.

Budget:

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