

From: noreply@formstack.com
To: [Miller, Thomas V](#)
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 01/14/21 3:53 PM

**Name of
Affiliate
Organization:**

Young Lawyers Section of the Orange County Bar Association

**Individual
Contact
Name:**

Brandon Sapp

**Contact
Email:**

brandonmsapp@gmail.com

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

332 North Magnolia Avenue
Orlando, FL 32801

Event Name:

YLS Health and Wellness Initiative

**Estimated
Event Cost:**

700

**Estimated
Attendance:**

50

Dollar

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

500

This will consist of a series of events over the spring from March to May

2 Mental Health Challenges-

We will have meditation workshop on tips and strategies in handling everyday stressors such as work, family, COVID-19, etc. This will be done in person or virtually depending on the status of COVID-19. (25 people- \$10 a person for food.) \$250

We will have a session from a license therapist, Dr. John Stiteler who will conduct a part 2 session from our past Fall Luncheon with Mandi Clay. Mandi spoke about the stressors of the legal profession and life from the perspective of a lawyer. Dr. Stiteler will discuss actual signs of mental health and strategies to try to prevent stress and seeking help if needed. We will also present our members with the hotlines and resources offered by the Florida Bar and the Florida Bar YLD. (This may be done in person or over zoom depending on COVID-19, we may need to buy food if in person.)

1 Kindness Challenge

**Event(s)
Description:**

We will have the Pay it Forward Challenge. We will challenge our members to send 5 postcards to other Young Lawyers or Attorneys in the 9th circuit to promote a sense of kindness and encouragement among our group. Members can send more than 5 cards, but we want to at least make a minimum of 5 ensure participation and effectiveness.

2 Physical Health Challenges-

We will have an in person small session/workout (either yoga or cardio) in which we will challenge our members to reach their physical health goals. This will be done virtually depending on the status of

COVID-19. (We will need to buy a session for an instructor our members in cardio \$150)

The YLS will establish a team in the annual OCBA Law Day 5k. I want to buy shirts for the individuals who participate on behalf of the OCBA YLS. We have individual members participate, but I am not sure that we have ever created a YLS team to participate. I think is important to establish a team this year. (This depends on the amount of people participating at \$15-\$20 a shirt. 20 people at \$15 a shirt is \$300)

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?:

We will buy shirts for the 5k participants. We will also need to purchase a session with a instructor to do the cardio workout. We may need to pay John Stiteler a fee to speak to our group. We also may need to purchase food for the individuals that attend the workshop.

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

This grant was created to promote the values of health and wellness in our individual affiliates. The OCBA took this to a whole new level a few years back in their Health and Wellness Challenge. The YLD a year back encouraged their affiliate to create challenges for their members over a certain month of the year. I want to challenge our YLS to do the same but over a couple of months in a series of events.

Will your event(s) benefit any other

This initiative will primarily benefit the Young Lawyers of Orange County. We will not keep any older attorneys from the OCBA from participating if they really want to. We also usually have members from other bar associations sometimes ask to

groups?: participate in our events.

**In which
Judicial
Circuit will
your event(s)
occur?:** Circuit 9

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

**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):** Mar 01, 2020

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

Budget: [View File](#)

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