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Subject: The Florida Bar Young Lawyers Division 2020 Health & Wellness Grant Application
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Attachments: [99690636 PAWL - WELLNESS GRANT APPLICATION.pdf](#)



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

Submitted at 11/02/20 4:32 PM

**Name of
Affiliate
Organization:**

Polk Association for Women Lawyers

**Individual
Contact
Name:**

Hannah George

**Contact
Email:**

hgeorge@gilcolonjr.com

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

325 East Davidson Street
Bartow, FL 33830

Event Name:

Fitness with a Witness - PAWL Health and Wellness Challenge

**Estimated
Event Cost:**

730

**Estimated
Attendance:**

15

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

730

**Event(s)
Description:**

As part of PAWL's greater mission, we are motivated to encourage and support the physical and mental health and wellbeing of each and every member of our organization and legal community within the Tenth (10th) Judicial Circuit. In furtherance of this effort we are excited to host a pilot program in January 2021, the PAWL Health and Wellness Challenge, "Fitness with a Witness". The objective of this program is to motivate our local PAWL membership and greater legal community as a whole to start the new year off strong and take the time to focus on their mental and physical health and well being. We intend to do this by hosting a month long challenge inviting individuals to participate and complete one or more health and wellness related task each day. This challenge will run from January 1, 2021 to January 31, 2021 and upon completion, the top individuals will receive gift baskets for their efforts. Additionally, the participants who complete the entire month challenge will be rewarded by a day of pampering at the Noire Nail Bar in Lakeland, Florida to receive a luxurious pedicure as a celebration for their successful completion of the challenge.

Depending on the feedback and interest shown in participation of this challenge, PAWL may or may not designate a multiple member committee in order to assist in facilitation of this event. If the challenge is a hit, it would be our hope to continue this event and make it an annual wellness challenge each year. This challenge will be open to the entire Tenth (10th) Judicial Circuit in that individuals can complete any and all of these tasks on their own time, in their own communities. It is the intention of PAWL to run this challenge on an honor system but provide accountability by requiring each individual to snap a photo of their participation and tag in social media to the PAWL and YLD social media pages.

PAWL will be posting continuously throughout this

month to the PAWL and YLD pages about the participation of the event and motivation to be passed along. We hope to encourage each and every participant to strive to do their best and complete as many items as possible to end the month with a well-rounded health and wellness challenge.

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?:

YLD Funds will be utilized to assist with marketing this event as well as for purchase of incentive baskets and pedicures for those who successfully complete the challenge and those who excel in the challenge.

How does your event(s)

Rules of the Challenge The intention of this event is to motivate our membership and greater legal community to get up, get out and get fit. We plan to do this by creating a series of BINGO Card style print outs with each square being an activity to complete. These cards will be e-mailed to participants and easily able to print and fill out. A participant can complete as many or as few tasks each day as they would like but we encourage consistent participation with at least one activity per day. Some examples of activities we may include would be: • Walk/Run for Ten Minutes • 20 Jumping Jacks • 10 Push-Ups • Drink 64 Oz. of Water • Try a vegetarian meal • Call a mentor and speak with them for ten (10) minutes • Speak with a mentee for ten (10) minutes • Perform an Act of Kindness for a Stranger • Donate an item of Clothing/Food to a Local Non-Profit • 30 Minute Bike Ride • Participate in “Dry January” • Meditate for 15 minutes • Run/Walk a 5K • Spend time with a pet When a participant completes a task, they should post about it and encourage one another to keep up the momentum!

fit into the parameters of the Health and Wellness Challenge?:

When you fill up one card, keep it for evidence and post about it online, then pull out another card and keep on going. The more cards completed the better! To make things even more exciting (because who loves a challenge more than lawyers?!) bonus points will be in play. In addition to completing the tasks on the cards, bonus points will be awarded for a list of add-ons, including but not limited to: • Participants photographed getting fit together • Participant is wearing something patriotic • Participant is wearing Courtroom attire • Participant is wearing a dissent collar, bright green earrings, or other RBG inspirational attire • Participant is photographed with a family member (pets are family members too) • Participant getting to take a nap (No doubt the toughest task for lawyers. Double points awarded) PAWL will include a multitude of good humored tasks to bolster the community of our organization. We hope this challenge will inspire communication and laughter amongst our friends and colleagues and will inspire each and every one of us to take a few moments each day to focus on the many facets of our health and to enjoy our time while doing so.

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

This event would be open to the entire 10th Judicial Circuit legal community including those who are members of PAWL as well as those who are not.

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

Circuit 10

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

This event is intended to be virtual in form so parties who participate can participate anywhere they would like to in the World as long as they verify and are accountable by posting online.

Will your event(s) be held via Zoom (or other online web platform), in-

Zoom & In-Person

person, or a combination of the two?:

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

Jan 01, 2021

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

Other: All of the above

Budget:

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