



General Federation of Women's Clubs of Massachusetts
T Jablanski, President



GFWC Health and Wellness Community Service Program~ 2022-2024

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Health vs. Wellness ~ health is the goal and wellness is the active process of achieving it. The human body, mind, and spirit comprise our health and wellness. To improve our wellbeing, we must address three key components: nutrition, disease prevention, and physical and emotional care. This GFWC Health and Wellness Community Program aims to explore the various opportunities for awareness and advancement of each of these vital areas and get fit within our communities.

- Hold a "Healthy Food Drive", requesting donors to contribute nutritious foods from Feeding America's Healthy Food Donation List.
- Support and/or sponsor immunization programs at home and abroad.
- Share information with club and community members on various topics from the Centers for Disease Control and Prevention (CDC), such as disease and conditions, healthy living, traveler's health, emergency preparedness, and more.
- Share information about the early signs and symptoms of diabetes in children and adults.
- Adopt a classroom and donate physical exercise "take a break" items such as jump ropes, hula hoops, balls, etc.
- Partner with a local assisted living home to provide senior exercise equipment such as leg pedaling machines, resistance bands, and/ or yoga mats and blocks.
- Learn and share the risk factors, signs and symptoms of someone in danger of suicide, as outlined by the National Institute of Mental Health.
- Share information with club and community members about making wise food choices. Hold a cooking class for children to teach them about making wise food choices and how to prepare and cook these choices.
- Work with your community schools in providing "Healthy Snacks" to be left in the Nurse's Office for children in need.

Take care of your personal wellness. What do you need to do to make yourself healthy, resilient, and happy.

- Own your day ~ schedule priorities, get high quality deep sleep, set personal actionable goals
- Feed Your Soul ~ invest in friendships and positive relationships, laugh more, take time for yourself, connect with community
- Move and Feed your body ~ water, healthy food and nutrients, exercise/physical goals, make and keep doctor appointments
- Be your own champion ~ self kindness and empathy, own your value, surround yourself with a positive network

For many more ideas check out the 2022-2024 GFWC Club Manual pages on the GFWC Massachusetts website by going to the **ABOUT** tab and click on **What Do We Do?**