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HEALTH AND WELLNESS

Healthy Women. Healthy Families. Healthy Communities.
Health and wellness touches every part of our lives. It is more than what we eat or how often we exercise. It is how we care for our bodies, manage stress, nurture our emotional well-being, stay connected with others, create safe environments, and make choices that allow us to live fully at every age.

As GFWC members, we have an opportunity not only to improve our own well-being, but also to make a meaningful difference in the health of our families and communities.
I encourage clubs to think broadly and creatively about Health and Wellness projects. There are so many possibilities!

Consider programs and projects that focus on:

- **Physical Health & Prevention** - health screenings, blood pressure awareness, heart health, cancer prevention, vaccinations, women's health, dental and vision health, and encouraging regular medical care.
- **Nutrition & Healthy Living** - nutritious food choices, hydration, healthy cooking, community gardens, food insecurity, food pantry support, and nutrition education.
- **Movement, Strength & Healthy Aging** - walking programs, strength training, balance and fall prevention, stretching, mobility, bone health, and activities that help us remain strong and independent as we age.
- **Mental & Emotional Wellness** - stress management, resilience, mindfulness, grief and loss, loneliness, self-care, healthy coping skills, and reducing the stigma surrounding mental health.
- **Brain Health** - sleep, memory, lifelong learning, social connection, movement, and habits that support cognitive health throughout life.
- **Safety & Awareness** - CPR and first aid, medication safety, home safety, fall prevention, emergency preparedness, domestic violence awareness, human trafficking awareness, and programs that help keep women and families safe.
- **Community Health** - blood drives, support for caregivers, veterans, seniors and people experiencing illness; collecting needed health and hygiene supplies; supporting local hospitals, shelters and health organizations.
- **Connection & Belonging** - sometimes wellness begins with knowing someone cares. Visit a senior, support a caregiver, reach out to someone who is grieving, create intergenerational programs, or simply find ways to reduce isolation in your community.

And remember - a Health and Wellness project does not have to be large to be important.
Invite a local expert to speak. Start a walking challenge. Learn CPR together. Collect personal-care products for a shelter. Hold a healthy cooking demonstration. Bring attention to an important health issue. Create a program about sleep, stress, strength, gratitude or caregiving.

Or ask one simple question:
"What does our community need to be healthier?"
Then find one way your club can help.
Health and wellness isn't about doing everything perfectly. It is about awareness, education, prevention, connection and making choices that support a healthier life.

To see the full GFWC Manual page for the Health and Wellness Community Service Program go to gfwcma.org > About GFWC > What We Do~GFWC Manual > Scroll to Health and Wellness