



Happy Health and Wellness!!!!

Nutrition, disease prevention, physical and emotional care -
check **Health and Wellness** - it's all there!

If we take heed in these areas - and that's what we're seeing,
We'll live in a state of physical, mental and social well being!

Take care of yourself as your club sisters will do,
Then move on to others and help them, too.

With our **Affiliate Organizations** there are projects galore.

Check out the GFWC FL website to see what's in store.

There's Heifer International - try "Operation Santa's Cookies and Milk"

And Operation Smile - make blankets from fleece but not silk.

Not to mention March of Dimes and St. Jude's, of course

Help in the ways you can - your club won't feel any remorse.

Hold flu shot clinics - donate jump ropes to a school.

Assist Ronald MacDonal House - wouldn't that be cool!

Food donations - gynecologic cancer awareness....

Help and support disabled persons, in all fairness.

How about a project for Easter Seals or a class for CPR?

Things your club can do will go so far!

Educate on heart disease and prevention

And maybe sew heart pillows - what a great invention!

Promote fitness programs - host a fun run.

You'll help so many others before you are done.

And don't forget the current pandemic -

So many things that are purely academic.....

Social distance and for goodness sake wash your hands!

You can help prevent the Covid spread - please do all you can.

Here's hoping your club year is in for a boom -

Even if your meetings are held through zoom.

Please share with us your projects and your ideas so grand.

We'll pass them on to other clubs and give you all a great big hand!!

Stay safe - stay well - maintain your emotional fare -

Please remember.....we all really care!!!

