

**Health and Wellness**  
(Spring Convention) (2022)  
Bulletin (#4)



**Name Vickie Cox, Chair**  
**Carole Tate, Co-chair**  
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Now..... we submit Bulletin #4 as Health and Wellness chair.  
Our time is up but we leave with happiness in the air.  
We so enjoyed presentations at Fall Board – what fun!!  
Now after two wonderful years our work is done.

Your reports are in and what a hit!!  
We know your club didn't just sit.....  
Please be sure to check out the Top Ten -  
It was hard to limit the choices when  
There were so many excellent projects.....  
Certainly helping others was your object!!

Schools and kids received supplies and books galore.  
You were always there to do a little more!  
Members walked for Alzheimer's and March of Dimes.  
Always willing to give of their time!!

Clubs provided food, shoes, socks and care bags for some.  
Fidget blankets, blood drives – work was never done.  
You arranged activities for those in assisted living.  
Our Florida sisters are always giving!!

Please continue programs on Nutrition, Disease Prevention, Physical and  
Emotional Care.

There are so many projects and activities that we all can share.  
Let's strive to eat well and keep cooties away -  
Monitor our mental health each and every day!!

Remember activities with our Affiliate Organizations.  
They all are so helpful across our great nation!  
St. Jude's, UNICEF, March of Dimes, Operation Smile -  
All who volunteer and willingly go that extra mile!!

People everywhere benefitted from the work of you all.  
Maybe your club will take a break – then start again in the fall.  
Celebrate – relax – spend some time in the sun.  
Members deserve a vacation – a summer of fun!!

We thank you all for your support these past two years -  
We've loved working with sisters – our special peers!!  
We look forward to welcoming the new State Board – yea!!  
As we all "live the volunteer spirit" each and every day!!