



HEALTH & WELLNESS

September 2026

Laurie O'Kelly, Chairman

The Health & Wellness CSP is on the move!

Moving your body more, whether in organized activities or by mindful choices, is beneficial to your health. Small, consistent changes add up over time and positively affect your well-being. Research continues to show that regular physical activity can help prevent disease and injury, reduce the risk of cognitive decline, and even increase longevity. Health experts recommend that adults get at least 150 minutes of moderate physical activity each week.

The Unity Project for Health and Wellness Community Service Program is "Move for a Healthier You". The Unity Project is a great way to engage with your community, local nonprofits, and the GFWC Affiliates.

Create or join a walk such as:

- St. Jude Walk events in September to raise awareness and funds for childhood cancer research.
- Walk to End Alzheimer's to raise awareness and funds to further care, support, and research efforts.

Organize a walk or run to support

- Breast Cancer Awareness.
- A local shelter in observance of Domestic Violence Awareness month.
- Child Advocacy Week.
- Create walking trails or paths around your area. Document the path in quarter or half mile increments.

As clubs, there are many opportunities to encourage healthy habits.

- Add exercise tips to your newsletters.
- Plan dates to meet fellow club women to walk indoors at a local mall.
- Look for indoor walking tracks for when the weather is not favorable for walking outdoors.
- Arrive early to your club meeting to walk together.
- Park farther away in parking lots.
- Challenge members to track steps and recognize them.

Fall Calendar

September

Blood Cancer Awareness
Childhood Cancer Awareness
Ovarian Cancer Awareness
Prostate Cancer Awareness
Suicide Prevention Awareness

October

Breast Cancer Awareness
Health Literacy
National Depression & Mental Health
Screening
Domestic Violence Awareness

November

American Diabetes
Lung Cancer
Pancreatic Cancer Awareness
National Family Caregivers

December 1

World AIDS Day





Don't forget those living in assisted living or long-term care communities. Clubs can donate items such as resistance bands, light hand weights, or yoga mats, or even volunteer to lead gentle exercise or stretching sessions for residents. These activities not only encourage physical health but also provide valuable social interaction and encouragement.

Partner with a GFWC Affiliate organization to promote health, strengthen community relationships, raise funds for meaningful causes, and increase your visibility. The Affiliate organizations in Health and Wellness are listed below:

GFWC Affiliate Organizations

- Alzheimer's Association
- Canine Companions
- Heifer International
- March of Dimes
- Operation Smile
- Safe Surfin'
- St. Jude Children's Research Hospital
- United Nations Foundation Shot@Life Campaign
- Unicef USA

Shot@Life is excited to announce the launch of our new GFWC-exclusive fundraising initiative, **Pathway to a Healthier Future!** Through this initiative, we'll work with clubs to raise funds for the distribution of critical **tuberculosis, HIV, and viral hepatitis commodities for children and expectant mothers**. More information can be found on page 3 of this newsletter.

By partnering with other organizations, you magnify the impact of your projects and the benefits to your community. You may even attract new members along the way.

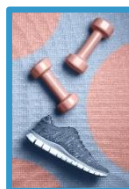
Exercise Tips:

- Stretch before exercising. Reach up high with both arms.
- Bend to the left and then the right.
- Bend forward trying to touch your toes to stretch your legs.
- Walk with light weights. Start with 1 or 2 pounds or a can from the pantry.
- Do Heel Raises. Hold a chair for support and lift up on your toes to improve lower-leg stability.
- To improve balance, hold onto a chair or the wall and practice standing on one foot for 30 seconds. Switch to the other side.

Questions? Contact me

Laurie O'Kelly

GFWCHealthandWellness@gmail.com



H&W Resolutions

- 170-010 Autism Spectrum Disorder
- 170-020 Breast Cancer
- 170-030 Cancer
- 170-040 Cardiovascular Disease in Women
- 170-050 Child Survival in Developing Countries
- 170-060 Dementia
- 170-070 Diabetes
- 170-080 Extreme Heat Emergencies
- 170-090 Family Caregivers
- 170-100 Food, Drug, Cosmetic, and Medical Product Regulation and Safety
- 170-110 Freedom of Access to Health Clinics
- 170-120 Healthcare and Research
- 170-130 Lead Poison Prevention
- 170-140 Long-Term Care
- 170-150 Mental Health Parity
- 170-160 Nursing Shortage Crisis
- 170-170 Nutrition and Obesity
- 170-180 Organ and Tissue Transplantation
- 170-190 Preventable Disease
- 170-200 Sexual and Reproductive Healthcare
- 170-210 Stem Cell Research
- 170-220 Substance Abuse and Rehabilitation
- 170-230 Support for Emergency Services Personnel
- 170-240 Tobacco and E-Cigarettes



Shot@Life GFWC-exclusive Fundraising Initiative

Shot@Life is excited to announce the launch of our new GFWC-exclusive fundraising initiative: **Pathway to a Healthier Future!** Through this initiative, GFWC clubs can raise funds to support the distribution of critical tuberculosis, HIV, and viral hepatitis commodities to children and expectant mothers in Latin America and the Caribbean. Together, our goal is to raise **USD \$40,000.00 over the next GFWC program year!**

Investing in pediatric medicine for tuberculosis, HIV, and hepatitis in Latin America and the Caribbean saves children's lives, stops disease spread, and lowers long-term health care costs. Treating these diseases early gives kids a healthy start, protects communities, and accelerates progress toward elimination in Latin America and the Caribbean.

Fundraisers can be built around the powerful message that **every donation counts** - and that even a small gift can make a difference:

- **USD \$10.00** can help prevent a child from getting tuberculosis.
- **USD \$25.00** can help treat a child with multi-drug resistant tuberculosis.
- **USD \$50.00** can help provide antiretroviral medication to treat **33 children** with HIV-1 infections.

Clubs can use these donation amounts to inspire creative fundraising activities and challenges while helping members understand the impact their contributions can have on the health and well-being of children and expectant mothers. Whether your club hosts a large community event or a simple member-led fundraiser, every activity is an opportunity to raise awareness, engage your community, and build support for global health.

Examples of potential club fundraisers include wine tastings, craft and maker's auctions, 5k run/walks, golf fundraisers, or tribute campaigns for International Women's Day. Clubs can also challenge members to reach a collective fundraising goal.

We look forward to seeing the creative fundraising ideas your clubs come up with in the year ahead. Together, GFWC clubs across the country can turn creativity and community action into meaningful support for young children and expectant mothers throughout Latin America and the Caribbean - creating a **Pathway to a Healthier Future** for generations to come!

Shot@Life will reach out to Club Presidents this September with more information. In the meantime, all clubwomen are welcome to reach out to Candice Woods, Director of Development and Operations, at cwoods@unfoundation.org with further questions or to talk about potential fundraiser ideas.