

GENERAL FEDERATION OF WOMAN'S CLUBS PENNSYLVANIA

Heide Cebrick, President

HEALTH AND WELLNESS

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Happy and dedicated members are the most important ingredients for the success of local, state and national GFWC clubs. As chairman of the Health and Wellness committee I am asking you to:

- Contact a member a few times a month by phone (not email) just to say "I just called to say I miss you".
- Invite a club member for coffee/tea
- Join a few members for lunch or dinner
- Just meet as a group to "chat"

Be sure to involve all of your members in this activity. As our membership declines, it is apparent that our ladies are losing interest, are lonely, depressed, tired or they just don't feel welcome any more. Let's make every member feel welcome and valuable. Remember relationships are important for your mental wellbeing. I think it is important that we realize **each** member is an asset to our club. Since our clubs vary in size, I am asking the club presidents to implement this project the best way for their club.

The second phase will consist of encouraging our ladies to exercise. Members are encouraged to spend 15 minutes doing chair exercises and take a 10 minute walk each day. Ask a friend or neighbor to accompany you. Exercise is not only great for your physical health and fitness but also for your mental health. You will receive a list of chair exercises in the summer mailer and we will practice a few at the Summer Conference. These exercises may appear simple, but don't underestimate their physical and mental benefits

REMEMBER-It is vital that you check with your doctor before you participate in either of these activities.

I leave you with this thought: We are stronger together.