



Fall State 2017 CIP

**T**ake charge **E**xercise **A**wareness **T**ime



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Wow first Trimester flew by so fast.

I would like to thank those that participated in the Liver Life walk.

So proud of those LPM & DPM that did your fast start, awards are in the District bags.

With all of us so busy we tend to forget about our self, our physical, and mental health. So **T**ake charge by filling out the USWT health and well certification.

I'm also looking for nominees for Outstanding Lois M Christensen Women Who Impact award.

Donna

**Presidential SUCCESS Bonus Points for Second Trimester**

Submit a nomination for the Outstanding Young Adult, Outstanding Person with Developmental Challenges, or Lois M. Christensen Women Who Impact Award.  
(50 points)

and/or

Sell 2 books of Raffle Tickets (\$100) for the MNWT State Ways & Means fundraisers.  
(50 points)

and/or

Any chapter that becomes a member of the Empower the Future Fundraising Campaign during 2nd trimester.  
(See Foundation Committee Chair Person or CIP) (50 Points)

and/or

Sign at least two (2) new members during November Shine week of November 12-18  
(50 points)

Maximum of 100 Bonus Points



**Inside this Issue**

T.E.A time challenge

Lois M. Christensen Women Who Impact Award

American Liver Foundation

Mach of dimes

## T.E.A time 2<sup>nd</sup> trimester Challenge

Get your name in a drawing for each area you do.

1. **T**ake charge: Sign up for online patient record portal, if your clinic/ hospital has it available. Or check it at least once this trimester.
2. **E**xercise: join a fitness club and /or walk/ run 3 Xs a week,
3. **A**wareness: Certify in USWT Health and Wellness Certification.



**Find more Information about liver disease**

**<http://www.liverfoundation.org/chapters/uppermidwest>**

Register Today To Be An Organ Donor At ORGANIZE!

ORGANIZE is a non-profit that aims to simplify the donor registration process by expanding the variety and number of places people can register. They've created the country's first-ever centralized registry and are now working to emphasize the need for conversations surrounding organ donation to take place among next-of-kin. Go to [www.register.organize.org](http://www.register.organize.org) to register to be an organ donor!

**Couldn't do the walk?** Make a Difference is a new way to take action in the fight against liver disease. Garage sale, bowling tournament, personal challenge-whatever the fundraising idea, ALF can provide you with the tools to make it happen. Learn more by going to <https://alfmad.org/>

march of dimes®

A FIGHTING CHANCE FOR EVERY BABY™

find a march near you

<https://www.marchforbabies.org>



## Lois M Christensen Women who Impact

I want 3 nominees in each Nomination Category: Non-Profit, Youth Outreach, Women's Advocacy Find more information at [mnwt.org](http://mnwt.org), go to book of forms. Deadline is Nov 1<sup>st</sup>.

Grab a cup of tea, color and relaxes

