



**PLAN OF ACTION
WOMEN'S WELLNESS SPM
2019-2020**

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A. Goals

1. Promote Women's Wellness each month to members, districts and chapters
2. Receive 3 nominations for the Lois M Christensen Women Who Impact Award
3. Educate members on Traumatic Brain Injury (TBI)

B. Implementation

1. Promote Women's Wellness each month to members, districts and chapters
 - a. Travel to district meetings and events
 - b. Share March of Dimes information in Chapter Information Packets and on Facebook
 - 1) Promote March of Dimes Walk for Babies
 - 2) Raise \$300 for March of Dimes
 - c. Educational articles in Newslet, Chapter Information Packets, chapter mailings, and website
2. Receive 3 nominations for the Lois M Christensen Women Who Impact Award
 - a. Promote in MNJOTS and Fall State CIPs
 - b. Post on Facebook page
 - c. Promote at Fall State Project Fair
3. Educate members on Traumatic Brain Injury (TBI)
 - a. Invite the MN Brain Injury Alliance to display the Un-Mask Project exhibit at a state convention
 - b. Hold a forum at Winter State on "TBI, My Story"
 - c. Educational articles in CIPs, Newslet, chapter mailings, and Facebook page
 - d. Talk about TBI at district meetings and chapter visits
 - e. Bike Helmet collection at Winter State for MN Brain Injury Alliance
 - 1) Promote through CIPs, Facebook, chapter mailings, and chapter visits
 - 2) Develop a friendly competition between districts
 - f. Promote a Brain Challenge on Brain Health
 - 1) Develop a Brain Health Exercise Chart for members to participate in the challenge
 - 2) Hold drawing at Annual Convention for members who participate in challenges
 - g. Promote September Walk for Thoughts hosted by MN Brain Injury Alliance
 - 1) Encourage members to join my team and participate in a walk on September 21st in Duluth, St Cloud, or New Brighton
 - 2) Promote through CIPs, chapter mailings, Facebook page, and chapter emails