



**Minnesota Women of Today**  
**2024-2025 Plan of Action**  
**Women's Wellness State Program Manager**  
**Wiggle to Wellness**

**Sue Bay**  
902 Victoria St  
Fairmont, MN 56031  
507-236-0402  
ww@mnwt.org  
www.mnwt.org



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Goals and Implementation

**Goal 1: Introduce Membership to different ways to achieve physical activity for body wellness weekly**

- Publish articles in MNWT Newslet and Chapter Mailing
- Use CIP to share ideas and publish incentives to chapters
- Create Facebook posts and videos to encourage interaction from members and chapters
  - Wiggle Wednesday posts
  - Create videos of me trying different activities and sharing FUN
  - Conduct activity at Winter State on incorporating movement into your day

**Goal 2: Receive at least 3 nominations for the Lois M. Christensen Women Who Impact Award**

- Receive at least 3 nominations for the award
  - Use all forms of communications to promote
  - Offer incentives for nominations
- Raise \$ 500 for the award
  - Fundraiser at Winter State
    - Celebrate Lois's birthday (January 22) with donations from chapters/members

**Goal 3: Have total of \$10,000 monetary/in-kind donations & value of service hours reported by chapters & districts by end of the year**

- Encourage chapters to complete programming trimester report with communication by CIP, email, Chapter Mailing & Facebook
- Recognize submitting chapters in CIPs, Chapter Mailing & Facebook

**Goal 4: Promote March of Dimes "March for Babies" in May 2025**

- Have at least 5 chapters signed up for supporting this event by either participating in the walk or donating to a team