OEA's Wellness Grants Help Locals Support Member Well-Being

Available Beginning November 22

- Up to $5/per Active Member
- Submission and Approval of Application Required
- Activity Must be Completed by May 31
- Receipts Must be Submitted for Reimbursement by June 15
- Share Photos with LRC to post on OEA Wellness Website
- Contact LRC for Application

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1. **Laughter is the Best Medicine**
   Set a movie event for members. A comedy or light-hearted movie is suggested. Provide members with movie "snacks" as they share an opportunity to laugh alongside fellow members.

2. **Social Time: Members Uplifting Members**
   Organize an event—perhaps a happy hour or coffee chat—where members can relax and spend time together in a social setting.

3. **Pop-up Café**
   Set up on-site pop-up cafés that offer members snacks and positive messages. The cafés can be as simple as tables staffed by members or coffee/tea bars.

4. **Drop-in Spa**
   Create a drop-in spa for members in buildings. Members can sign up for time to experience a relaxing environment with a massage chair, and healthy snacks and beverages.

5. **Wellness Passport/Self-Care BINGO**
   Provide members a Wellness Passport to be stamped for each self-care activity or create a BINGO card with self-help activities for members to complete. Activities for the passport or BINGO card might include exercise classes, virtual challenges, book clubs, and meditation. Provide members a gift for a completed passport or BINGO card.

6. **Special Delivery!**
   Create a monthly drawing for all members. Winners will receive a special delivery of flowers, cookies, candy, self-care bags, or books, and a positive message from their local.

7. **Lunch and Learn**
   Invite members to an hourlong lunch and training focused on a wellness activity or skill such as meditation or an art/craft. The lunch hour could include a speaker on a topic related to self-care. Ask members to complete a self-care survey during the lunch and learn.

8. **Keep Active and Be Healthy Challenges**
   a) **Walk/Step Challenge**
      Provide each member who signs up for the challenge with a water bottle, notebook, pen, and information on the health benefits of walking. Start a member-only Facebook or Instagram page for the challenge. Ask participating members to set a personal goal for the 30-day challenge; keep track for 30 days; and post/share positive thoughts via social media.*
   b) **Sleep Challenge**
      Provide each member who signs up for the challenge with a sleep mask, ear plugs, herbal tea, notebook, and information on the health benefits of sleep. Create a member-only Facebook or Instagram page for the challenge. Ask participating members to set a personal goal for the 30-day challenge; keep track for 30 days, and post/share positive thoughts via social media.*

   *** Members who complete the 30-day challenge receive a certificate and gift.**

9. **Local's CHOICE!**
   Develop a wellness-themed activity of your own!

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