

# OEA's Wellness Grants

## Help locals support member well-being



### Available Beginning September 3

- 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



### 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!