UMKC GRANT: Great West Financial $500 for Health and Wellness

The $500 grant from Great West Financial greatly helped to boost our Chapter’s morale and we are so thankful to have been chosen this year! Our executive board was pumped with all the exciting things we could offer this year and the student body was able to really interact with us and learn more about what ASDA has to offer. UMKC ASDA’s Fever Week is not until the end of September so we used the grant to build up momentum and excitement to get our students pumped for Fever Week and for the year to come. One of our goals was to use this funding to help boost our social media presence on Facebook and Instagram. After the month of September, we nearly tripled the amount of followers on our Instagram and increased our Facebook following due to the popularity of our Starbucks Gift card scavenger hunt. Below are the events UMKC ASDA hosted.

**NBDE I Boards Panel**

9/21/18  
UMKC School of Dentistry Lecture Hall  
# of Attendees: 55  
Marketing: Facebook, D1 and D2 page  
Cost: $127.12  
Event Specifics: Healthy snacks like apples, Bananas, Clementines, popcorn, and healthy chips were provided for the attendees. Salad and healthy wraps were provided for the speakers.

Seven D3s offered their time and experience regarding NBDE 1 to first and second years. Questions that were asked included “When do students schedule their NBDE date? How long did you study for? What did you use and how much was the total cost of your boards material?” This year’s NBDE I Boards Panel was a first for UMKC and from the positive feedback it received we hope it will become a yearly event!
Wellness-Related Giveaway

9/28/18
UMKC School of Dentistry
# of Attendees: 300
Marketing: Facebook, GroupMe pages
Cost: $108.59
Event Specifics:
To increase excitement for ASDA Fever week & Health and Wellness Month, a BeatsX Wireless Earphones for students to jog, walk, or study raffle was done. Each event that students attended during the month of September allowed their name to be submitted for a chance to win! We had hundreds of names by the time we raffled the earphones and we were happy with the turnout for all of our events and L&Ls for the month of September! This year’s student count was definitely record breaking!
Wellness-Related Giveaway

9/20, 9/21, 9/24, 9/25
UMKC School of Dentistry
# of participants: 300
Marketing: Facebook and GroupMe pages
Cost: $20

Event Specifics: To get our students up and moving, we did a daily scavenger hunt with $5 Starbucks gift cards that were hidden throughout the school. Clues were given via social media and hundreds of students from D1-D4 were running through the halls, turning things inside out, and jumping for joy to find these gift cards. We used this fun opportunity to boost UMKC ASDA's social media presence and nearly tripled the amount of followers we had prior to September. What a success!
Walking Tacos

9/26/18
UMKC School of Dentistry
# of participants: 180
Marketing: Facebook, GroupMe, Schoolwide emails
Cost: $95.34

Event Specifics: Taco toppings, plates, and utensils were bought for our “walking tacos” event! This event allowed D1-D4 students to get some exercise walking between stations to build their tacos! We wish we had more photos but all of our ASDA Board members had to be “all hands on deck” for this event to help serve the food at the different stations AND also speak about the different aspects of ASDA! This included 3 stations to discuss the history of ASDA and what new policies we are involved in, how to get more involved, and what you can learn at our national conferences!
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Wellness related event
Cycling event at Mojo with healthy snacks provided
9/30/18
 Mojo Cycling studio
# of participants: 15
Marketing: Facebook, GroupMe
Cost: $150,
Event Specifics: UMKC ASDA rented out a cycling studio for our students to pump through an upbeat hour long cycling session. Healthy snacks and water were provided for our cyclists after the event.